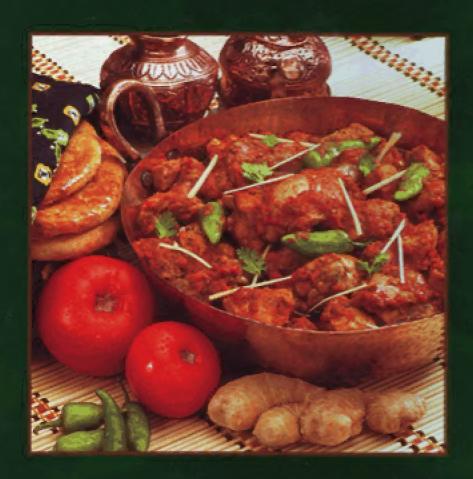
DaldaCOOKBOOK

Goldbealthon



SOUPS & SALADS



Chicken Stock	4-6 cups
Chicken (shredded)	1 cup
Salt	as per taste
Garlic Paste	1/2 tsp.
White Pepper Powder	1 tsp.
Sugar	1 tsp.
Chinese Salt	1 tsp.
Corn Kernels	1/2 cup
Egg	2
Vinegar	2 tbsp.
Soya Sauce	2 tbsp.
Corn Flour	2-3 tbsp.
Dalda Cooking Oil	2 tbsp.

Garnish:

Green Chillies (chopped) Vinegar Soya Sauce Chilli Sauce Spring Onion (finely chopped)

Method:

- To make the chicken stock, boil ½ kg chicken bones in a pot with 8–10 cups of water until only four cups of stock remain. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- In a separate pot, slightly heat Dalda Cooking Oil on medium heat for 2-3 minutes and sauté garlic for a minute. Add chicken and cook until water from the chicken dries; then add the chicken stock
- Coarsely grind corn kernels and add to the soup. Dilute corn flour in 4 tablespoons of water and pour it slowly into the soup, stirring continuously to avoid lumps
- Add salt, white pepper, sugar,
 Chinese salt and beaten eggs and
 mix well. In the end, add vinegar
 and soya sauce

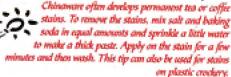
Presentation:

Serve hot with garnish on the side.

Tip:

If fresh corn is not available, use a can of sweet corn.









-	
Chicken Stock	4-6 cups
Garlic Paste	1 tsp.
Salt	as per taste
Tomato Paste	2 rbsp.
Cinnamon Stick	2 inch piece
Bay leaf	1
Apple	1 medium
Bananas	2
White Pepper Powder	1 tsp.
Curry Powder*	1 tsp.
Gram Flour	4 lbsp.
Dalda Cookina Oil	4 tbsp.

Garnish:

Chicken (boiled &:	shredded)	1 cup
Butter		1 tbsp.
Lemon Juice		2-3 tbsp.
Fried Rice		½ cup
Parsley (chopped)		2 tbsp.
Fresh Cream	ra.	as required

Method:

- To make the chicken stock, boil 1/4 ka chicken bones in a pot with 8-10 cups of water until only four cups of stock remain. To avoid heek; add one small whole peeled onion and 2-4 black pepper corns when it comes to a boil
- In a separate pot, heat Dalda Cooking Oil on medium heat for 2-3 minutes and sauté garlic for a minute. Add gram flour and stir until fragrant
- Peel the apple and bananas and cut them into small cubes. Add them to the pot and mix well
- Add salt, cinnamon, bay leaf, white pepper, curry powder, tomato paste and chicken stock. Mix well
- Cook the soup for 15-20 minutes. blend to a fine paste and then strain

Presentation:

Serve hot with garnish on the side. To make the fried rice, boil the rice and stir-fry with 2 tablespoons of Dalda Cooking Oil until golden.

*Tip:

In case curry powder is not available, mix equal quantities of red chilli powder, turmeric, coriander powder and cumin seeds and use accordingly.

> Handy Hint If glass oven dishes get hurnt, clean them with a damp doth dipped in salt.







Chicken Stock or Water	4 cups
Tomatoes	1 kg
Salt	as per taste
White Pepper Powder	1 tsp.
Sugar	2 tbsp.
Chinese Salt	1 tsp.
Plain Flour	2 tbsp.
Dalda Cooking Oil	2 tbsp.

Garnish:

Fresh Cream	1/2 cup
Croutons	as required
(to make croutons, dice	a bread slice and
deep fry in hot Dalda Co	ooking Oil)

Method:

- To make the chicken stock, boil ½ kg chicken bones in a pot with 8–10 cups of water until only four cups of stock remain. To avoid heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- Make a cross cut at the back of each tomato. Keep them in boiling water for 2-3 minutes and then in cold water for 2 minutes. The peel should come off easily now. Remove the peel and blend. Add the tomato paste to the stock and boil for 15-20 minutes
- In a heavy based pot, heat Dalda Cooking Oil on low heat for 2-3 minutes. Add flour and stir until fragrant. Gradually add the tornato soup, stirring continuously to avoid lumps
- In the end add salt, sugar, Chinese salt and white pepper-and mix well

Presentation:

Serve hot with garnish on the side.

Tip:

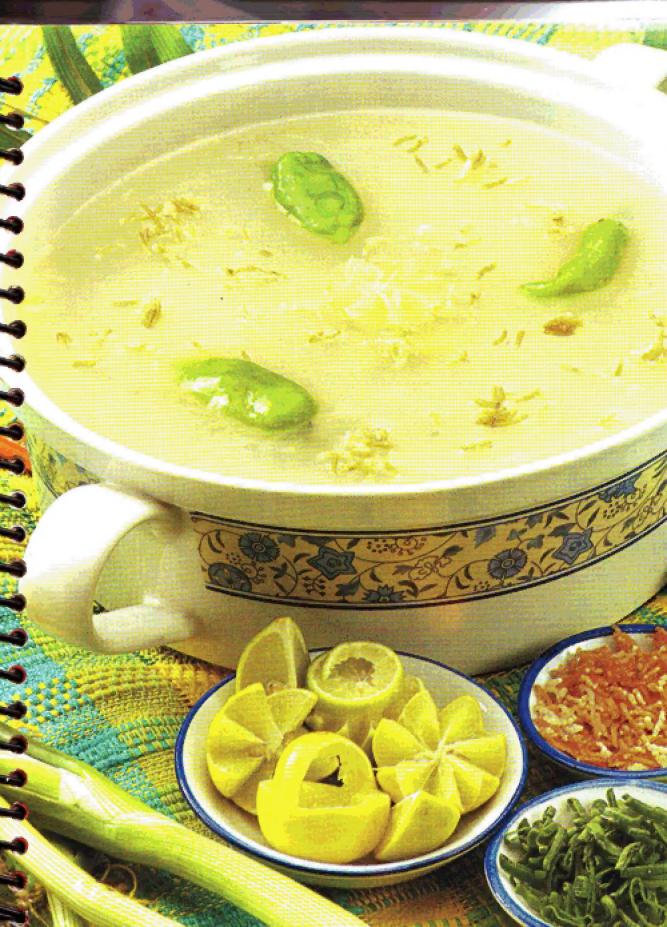
To make crispy croutons, refrigerate the bread pieces for 10-15 minutes before frying.

Handy Hint



Cut left over bread into small pieces and fry them in Dalda Cooking Oil, to be served with soups as croutons.





Chicken Stock 4 cups Garlic Paste I Isp. Salt as per-taste Green Chillies (chopped) 6-8 Vinegar or Lemon Juice 1/4 cup White Pepper Powder 1 tsp. Sugar 1 tosp. Chinese Salt 1 tsp. Corn Flour 2 tbsp. Dalda Cooking Oil 2-3 tbsp.

Garnish:

Chicken (boiled & shredded) 1 cup Spring Onion (chopped) 1 Fried Rice* ½ cup Lemon Juice ½ cup

Method:

- To make the chicken stock, boil ½ kg chicken bones in a pot with 8–10 cups of water until only four cups of stock remain. To avoid any heek, add one small whole peeled onion and 2–4 black pepper corns when it comes to a boil
- In a separate pot, heat Dalda Cooking Oil on low heat for 2-3 minutes. Sauté garlic slightly, add chicken stock and bring to a boil
- Add salt, green chillies, white pepper, sugar and Chinese salt and cook on low heat for 3-4 minutes
- Dissolve corn flour in 4 tablespoons of water and gradually pour it in the soup, stirring continuously
- Add vinegar or lemon juice in the end and remove from heat

Presentation:

Garnish and serve hot with lemon juice kept separately.

*Tip:

For fried rice, stir-fry boiled rice in a frying pan with 1 tablespoon Dalda Cooking Oil.







MAIN



Ingredients for Mincemeat:

Mincemeat 200 grams Red Beans l cup Solt as per taşte Gadic Paste 1 tsp. Red Chilli Powder 1 tbsp. Onion Ifinely sliced! 1 medium Tomato Pasie % cup Dalda Cooking Oil 2 tbsp.

Ingredients for Puris:

Wheat Flour 1 cup
Plain Flour (Maida) 1 cup
Salt as per taste
Dalda Cooking Oil for frying

Garnish:

Capsicum (chapped) 1 medium Cheddar Cheese (grated) ½ cup

Ingredients for Pina Colada:

Pineapple Juice 1 cup
Desiccated Coconut ½ cup
Sugar 2 tbsp.
Chilled Water ½ cup

Method for Mincemeat:

- Soak red beans in lukewarm water for 15-20 minutes and then boil them in a pot until tender
- In a separate pot, slightly heat Dalda Cooking Oil on medium heat for 3-5 minutes. South onion and garlic for 3-4 minutes until soft. Add mincement and mix well
- Add salt, red chilli powder and tomato paste. Cover and cook until the water dries. Add the boiled beans, mix well and remove from heat

Method For Puris:

- Mix both the flours, add salt and 2 tablespoon Dalda Cooking Oil and kneed into a hord dough with some water
- In a wok, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Roll out small puris from the dough and fry friem till golden

Method For Pina Colada:

 Blend all the ingredients together. Serve chilled in a glass garnished with pineapple chunks

Presentation:

Arrange puris in a large platter and put 1 tablespoon mincement and beans on each. Garnish and serve with Pina Colada.

Tip:

Although Burritos are a starter for Mexican menus, if you want to serve them as a side dish ready-made tacas can be used instead of puris.

Handy Hini







Apples	2-3 medium
Pineapple chunks	1 cup
Potatoes	2-3 medium
Carrols	2 medium
Peas	1 cup
Soli	as per taste
White Pepper Powder	1 tsp.
Sugar	1 rbsp.
Lemon Juice	2 rbsp.
Mayonnaise*	1 cup
Fresh Cream	1/2 cup

*Ingredients For Mayonnaise:

Egg Yolks	2
Salt	1/4 lsp.
White Pepper Powder	½ tsp.
Mustard Powder	½ tsp.
Sugar	I Isp.
Vinegar or Lemon Juice	2 tbsp.
Dalda Cooking Oil	1 cup

Garnish:

Roasted Raisins	½ ¢up
Walnuts	½ cup

Method:

- For the mayonnaise, lightly bear eggyalks in a bowl with salt, white pepper, sugar and mustard
- Pour Dalda Cooking Oil a little at a time, beating continuously. Lastly, add vinegar and beat until thick.
 Refrigerate for some time
- Cut all the vegetables & fruits in equal sized cubes
- In 1 litre boiling water, cook each vegetable separately on high hear for 3-5 minutes, drain and refresh with cold water
- Mix all the fruits and vegetables with lemon juice, salt, white pepper and sugar
- Whip cream, mix with mayonnaise and add to the fruits and vegetables.
 Mix well and refrigerate

Presentation:

Shift the salad to a bowl layered with lettuce leaves. Garnish and serve chilled.

Tip:

For this salad, chunks of boiled chicken or hunter beef can also be used.



Handy Hint Before serving the cream, keep empty serving bonds in the freezer for two hours. This will keep the ice cream from melting quickly when







Chinese Chicken Parcels

Ingredients:

Chicken Breast Fillets 1 kg Salt as per laste 4 cloves Garlic (crushed) Ginger (julienne) 2 foso. White Pepper Powder I Isp. Vinegar 4 loso. Sova Sauce 4 fbsp. Spring Onions (chopped) 3-4 French Beans 2 cups Sugar 1 thsp. Dalda Cooking Oil for frying

For Packing:

Butter Paper

Method:

- Marinate the chicken with salt, white pepper, garlic, sugar, saya sauce and vinegar. Keep aside for at least an hour
- Cut butter paper into square pieces.
 slightly brushing each with Dolda
 Cooking Oil, Place each chicken fillet on it
- Sprinkle ginger, spring onions and finely chopped beans on the chicken
- Fold each square like an envelope with three corners at the centre to enclose the chicken filling. Then fold each envelope into half to make a rectangle with a pointed flap.
 Fold the flap over the rectangle to make a neat parcel and secure with a tooth pick
- In a wok, heat Dalda Cooking Oil for 3-5 minutes on medium heat Deep fry the parcels for 2 minutes on each side

Presentation:

Arrange in a platter and serve hot.

Tip:

In case french beans are not available any green beans or frazen french beans can be used.

Handy Hint







Beef Burgers

Ingredients:

Mincemeal	¼ kg
Salt	as per faste
Garlic Poste	I tbsp.
Block Pepper (freshly ground	I tosp.
White Pepper (crushed)	I tosp.
Tomato Paste	2 tbsp.
Tomata Ketchup	2 tbsp.
Mustard Paste*	1 tbsp.
Chinese Salt	1 Isp.
Vinegar	2 lbsp.
Soya Souce	2 tbsp.
Butter or Margarine	2 lbsp.
Eggs	2
Milk	4 lbsp.
Bread Crumbs	1 cup
Dalda Cooking Oil	for frying

For Presentation:

Buns	10-12
Mayonnaise	1/2 cup
Tomato Ketchup	1/2 cup
Mustard Paste*	1 lbsp.

Method:

- Add salt, gorlic, black pepper, white pepper, tomato paste, tomato ketchup, mustard paste, Chinese salt, vinegar, saya sauce, butter or margarine, eggs and milk in mincement and knead well.
 Refrigerate for 2 hours
- Mix mincement with bread crumbs and make patties and refrigerate for 10-15 minutes
- In a frying pan, heat 2 tablespoons
 of Dalda Cooking Oil on medium
 heat for 2 minutes. Fry the patties
 on high heat for 2-3 minutes, turning
 on both sides

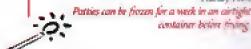
Presentation:

Cut the buns from the centre, spread mayonnaise on one half with a drop of mustard paste and put patty on it. Spread some ketchup on the other half and cover the patty. Serve with French fires.

*Tip:

To make mustard paste at home, mix 2 tablespoons of vinegar with 2 tablespoons of Dalda Cooking Oil and 2 tablespoons of mustard powder.

Handy Hint







Ingredients for Suji Ka Halwa:

Semolina I cup
Sugar , I ½ cups
Water 3 cups
Cloves 2
Kewra Essence a few drops
Yellow Food Color a pinch
Cardamom, almands, pistachias
Dalda VTF Banaspati ½ cup

Ingredients for Chanay Ka Salan:

Chickpeas (boiled) 4 kg Ginger Garlic paste tosp. Salt as per taste Brown Onions 16 cup Tomatoes (chopped) 5-5 medium Red Chillies (crushed) thso. Turmeric Powder l tso. Cumin Seeds tsp. Garam Masala Powder fosp. Black Pepper Powder /2 Isp. I thep. Sugar Tamarind Pula /2 cup Dalda Cooking Oil /s cup

Ingredients For Aalo Bhaji:

Potatoes (boiled & cubed): 6 kg 1 Mp. Garlic (crushed) Salt as per laste Red Chillies (crushed) tosp. Fenugreek Seeds Isp. Nigella Seeds BO. Mustard Seeds Isp. Oregano Seeds 5 Isp. lbsp. Sugar Tamarina Pulp 15 CUP 4-6 lbsp. Dalda Cooking Oil

Ingredients For Puris:

Plain Flour (Maida) ½ kg
Salt a pinch
Yagurt 1 cup
Palda VTF Banaspati for frying

Method for Suji ka Halwa:

 In a wok, slightly hear Dardo VTF Sensors for 2-3 minutes and odd cardamom and cloves Then add semaling and stir till inagrant

 In another pan, stir sugar with water and odd food color. Bring to a boil and add this syrup to semolina. Stir well, cover and cook on low heat till the water dries.

 Add kewra essence in the end. Sprinkle almords and pistachias and serve har

Method for Chanay Ka Salan:

- In a pot, slightly heat Doldo Cooking Oil for 2-3 minutes and sauté ginger gar a passe
- Add cumin and the remaining dry spices. May well. Sprinkle a little water and strinke spices for a few minutes.
- Add anion and tomatoes and stir until tomatoes are tender, Add chickpeas, stir once and add 2 cups of lukewarm water, sugar and tomarind. Simmer on low heat for 5–7 minutes
- Mix salt and black pepper in the end and remove from stave

Method for Aalo Bhaji:

- Bail 1 ½ cups of water and add red chillies and nigella seecs
- Add potaroes and cook until gravy frictions
- In a frying part is ight, near Darda Cooking Oil for 2-3 minutes and app mustare temporal garlic and programs. When they pap, point the torks on the paratest and cook for 4-5 minutes.
- Add salt, sugar and lamaned. Mix well and remove from slove

Method for Puris:

- Sith flour and add safe, yogurt and 4 tase Dards VTF Bandspalit, Knead into a join daugh with some water
- Wrop the dough in a damp mustin claff and keep in a warm place for 2×3 hours
- Make 10-12 portions of the dough and rail out the puris. In a deep hying pan or wall, hear Dolda VTF Banaspati and the the pure till goden.

Presentation:

Serve hat puris with halwa, chancy ka salan and agle bhaji.

Tip

Use sour yogun for quick feministration of pure.

Harach Hiller

To preserve semelina, roast it in a year of medium heat for 5/3 minutes, and complete and store in a class dry p





 Bread Slices
 6-8

 Stuffing*
 1 cup

 Dalda Cooking Oil
 for frying

*Potata Stuffing:

Potatoes 2 medium
(boiled and mashed)
Salt as per taste
Black Pepper (freshly ground) 1/4 tsp.
Fresh Coriander (chopped) 2 tbsp.
Fresh Mint (chapped) 1 tbsp.
Green Chillies (chopped) 1-2

*Mincemeat Stuffing:

Mincemeat 200 grams
Salt as per taste
Ginger Garlic Paste 1 tsp.
Red Chilli Powder ½ tsp.
Turmeric Powder ¼ tsp.
Cumin Seeds ½ tsp.

Method:

- Sock each bread slice in water for 4–5 minutes
- Press each slice in both manas to drain the water completely
- To make the porato stuffing add at the ingredients in mostled poratoes and mix well. Refrigerate for 10-15 minutes
- To make the mincement stuffing, add all the ingreatents in mincement cover and cook on medium feet until the water from the mincement dries.
- Put 1 tablespoon potato or minoemeat stuffing in between each bread slice and press in a roll shape firmly. Refrigerare for hair an nour
- In a wok, hear Dolas Cooking Cillion medium hear for 3–5 minutes and fry the bread rolls till galaxin

Presentation:

Serve with lampa kerchup or lamarina chumey.

Tip:

Soak bread slices on a plate to preserve their shape.



Handy Hint To revise the freshness of one or two day old broad, sprinkle a few days of milk on each eller and bake in a prohested over his 3.4 computer.





Chicken Nuggets

Ingredients:

Boneless Chicken (cubed)	1 kg
Salt	as per taste
Garlic Paste	lilbsp.
White Pepper Pawder	I tsp.
Black Pepper Powder	½ tsp.
Vinegor	2-3 tesp.
Soya Sauce	2 lbsp.

Batter:

Plain Flour (Maida)	1 cup
Corn Flour	% cup
Solt	as per taste
White Pepper Powder	⅓ tsp.
Egg Whites	2
Dalda Cooking Qil	for frying

Method:

- Marinate chicken cubes with saft. garlic, white pepper, block pepper, vinegar and saya sauce. Refrigerate for 1/2 to 1 hour
- For the batter, beat egg whites and add flour, corn flour, salt and white pepper. Make a thick passe with the help of cold water
- Dip chicken cubes in the batter and refrigerate for 15-20 minutes.
- Heat Dalda Cooking Oil in a wok on medium heat for 3-5 minutes. and fry the chicken nuggets till golden
- Place the nuggets on a tissue or obsorbent paper

Presentation:

Serve hot with tomato ketchup and mayonnaise.

Tip:

Marinated chicken cubes can be frozen in an airtight container for 2-3 days.







Ingredients for Pithoray:

Rice Flour 1 cup

Red Lentil Flour 4 cup

Salt a pinch

Daldo Cooking Oil 2 rbsp.

Ingredients for Grovy:

1 kg Chickpeos Trainers Stock (Paye) 2 cups as per loste Soil I tsp. Baking Sada tosp. Ginger Garlio Paste 2 tbsp. Coriander Powder Block Peoper (freshly ground) 1 tbsp. Whole Coriander 2 tosp. (roasted & ground) Cumin Seeds l toso. roasted & ground Small Cardemem (ground) TSE.

/A gup

For Salad:

Dalda Cooking Oil

Congle Congle Onions

Garnish:

Fresh Coriander (chopped) Green Chillies (chopped) Method for Pithoray:

 Mix rice flour and red lent. Rour and kneed well with Dalaa Cooking O.I. and soft. Wrap the gough in a damp mustin cloth and keep aside for some.

 Marke small puris of the deugh. Heat Dalda Cooking Oil in a work and deep by the puris. Prihardy can also be made with 1 aup wheat flour and is aus plain flour (mardn).

Method for Gravy:

To make stock, out 1-2 traffers
(paye) in small pieces and boil them
with 8-10 duas of water until only 2
cups of stock remain. To avoid heak
add 1 small whole peeled anter and
2-4 black peoper owns when it comes
to a bail

Wash and soak chickpeas in 4 cubs
of hot water for 2-3 hours and then
bring to a borl. Add baking soco and
boil on low frear until furly render

 In a separate pot, slightly heat Dalan Coaking Oil on medium heat for 3-4 minutes. Souté ginger gartic paste for 2 minutes, add soil, cortainer powder, whole cortainder, black pepper, cumin and cardamans. Stirring the spaces until ail separates, sprinking a little water from time to time.

 Add the chickpeas and stack. Mix well and simmer on law hear for 20-25 minutes.

Presentation:

Garnish and serve hal with pithonty and salad

Tip:

If trailiers stock is not available, two chicken stock cubes can also be used.

Handy Hint
To preserve chickpeas for a long period of time.

store them in the lower shelf of the refrigerator
packed in an unitight container or plastic bag.





Rice	2 ques
White Lentils	1/2 cur
Ginger Poste	/ ₂ tap
Egg	4
Dalda Cooking Oil	1/2 cos

For Filling:

Poletoes [cubed]	2 medium
Sol	Os per laste
Red Chilles (crushed)	1 tsp
Fenugreek Seeds	V _a top
Nigela Seeds	1/2 lsp
Mustard Seeds	1/2 tsp.
Curry Leaves	ca faw
Currin Seeas	1 150
Turmeric Powder	1/2 tsp.
Dolde Cooking Oil	4 tosp.

Method:

- Sook rice and lentils separately. avernight. Mix and then grind frem on a sill or in a food processor. Add ginger and egg and mix well. Cover and keep the batter in a warm place for 2-3. nous.
- To make the pancakes, heat 2-3. tablespoons of Dalda Cooking Oil in a neastick pan on medium heat for 1-2 minutes. Then lower the flame and pour 14 oup batter for each pancake Spread it to all sides and cook on one side only. Remove from pan and repeat until the batter finishes
- To prepare the filling, heat 1-2. tablespoons of Dalda Cooking Oil in a wok on medium heat for 3-5 minutes. Add all the filling ingredients with the polatoes
- Add 1 cup water, mix well and cook on low heat until potatoes are tender

Presentation:

Spread a pancake in a platter, put filling on it and roll. Serve with coconut churrey. For the coconut chutney, blend 1/4 a bunch of hash corionder with 2 green children, Leaspoon cumin seeds, 2 tablespoons poconut powder, 2 toblespoons lemon ruice. and a sinch of sall.

Tip:

If a nonstick oan is not available, before making each paneaks, serub a frying pan or a griddle thoroughly with a small onion piercod on a fork and dipped in Dalda Cooking Oil

Handy Hinr

Perling gerile closes becomes acuter when southed omnight.





Fried Chicken Patties 14

Ingredients:

The state of the s	
Chicken (boiled & shredd	ed] 2 cups
Soft	as per taste
White Pepper Powder	1 rbsp.
Mustard Powder	1/4 tsp.
Plain Flour (Maida)	2 tbsp.
Butter or Margarina	2 fbsp.
Milk	1 cup
Bread Slices	10-12
Eggs (beaten) .	2
Dalda Cooking Oil	for frying
9	and the American

Method:

- Melt butter or margarine in a nonstick. pan. Add flour and stir on a low flame with a wooden spoon
- When the flour is fragrant, odd milk. a little at a time, stirring continuously with an egg whisk to avoid lumps Stir until thick. Add salt, white pepper and mustard powder and mix well. White squoe is ready
- Remove from heat, odd chicken and mix well
- Cut bread slices into different shapes. and paste the chicken mixture on one piece, then cover with the other piece
- In a wok, heat Dalda Cooking Oil on medium heat for 3-5 minutes. Dip the chicken patties in begren eggs and fry till golden. Place on a tissue or absorbent paper

Presentation:

Serve hat with tomato ketchup. Cut. bread slices in a round shape so that when you lify them golden, they look exactly like baked chicken patties.

Tio:

White souce can be refrigerated in on airtight container for 2-3 days.

Handy Him

When boiling eggs, add sait to keep the egg shells from enaching







Ingredients for Puris:

Gram Lentils Ibolled & 2 cups mashedi as per laste Solt] QUD Sugar % cup Khoya 2 rbsp. Almonds (ground) 2 lbsp. Pistochios (ground) Wheat Flour or Flour [Maida] 1/4 kg. as required Dalda Cooking Oil

Ingredients for Aamti (Tamarina

Saucel: 2 cups Tamarind Pulp /s cup aggery as per taste Solu ¼ tsp. Red Chilli Powder Cumin Seeds

ISD. Iroquied & ground) 2 rosp. Dalda Cooking Oil

Method:

- Add sugar, khoya, almond and pistochlos in lentils and mix well
- In a pot, heat 4 tablespoons of Daldo Cooking Oil on medium heat for 2-3 minutes. Add the lentils and stir until fragrant, Remove from heat and cool completely
- Add sait and 2 tablespoons of Doldo Cooking Oil in flour and kneed into a hard dough. Wrap it in a damp muslin cloth and keep aside for 10-15 minutes
- Make small portions of the dough. Stuff 2 tablespoons of lentils mixture in between each partian and clase it firmly
- Roll out the stuffed dough with a rolling pin with a soft hand and fry on a griddle with 2-3 tablespoons of Dalda Cooking Oil. When it turns golden on one side, turn to the other side and fry till golden by pouring some more Dalda Cooking Oil
- To make comfi, add tamarind, salt, red chilli powder, cumin, jaggery and 2 tablespoons of Dalda Cooking Oil in a small pot and cook on a low flame for 5-7 minutes

Presentation:

Serve hot puris with comti. This dish can be served at sehr and ifar.

Tip:

Gram lentils can be replaced with any other lentils.

> Handy Mint To clean a burnt pet, boil water mixed with beiling sods in the put for a few minutes and then with-







Rice	1 cup
Gram Lentils	¾ cup
Garlic Paste	γ_2 isp.
Salt	os per toste
Yogurl	2 cops
Instant Dry Yeast	1 ap.
Red Chilli Powder	½ tsp.
Fresh Cariander (ground)	% bunch
Fresh Ferrugreek (ground)	½ bunch
Green Chillies (ground)	2
Dalda Cooking Oil	2 fbsp.

Fry-Gornish (Tarka):

Curry leaves	a few
Cumin Seeds	I isp.
Mustard Seeds	$\frac{1}{2}$ isp.
Sesome Seeds	I sp.
Dalda Cooking Oil	4 fbsp.

Note:

Dhokley is a very popular South Indian reage.

Method:

- Soak rice and lentils separately overnight. Mix them together and grind to a smooth paste. Add garlic, sail. yogurt, yeast, red chilli powder, coriander, ferugreek and green chillies powder. Mix well, cover and keep the batter in a warm place for 2-3 hours
- Brush Dalda Cooking Oil on a round cake pan or pizza pan and pour the batter in the pan
- Place the pan carefully on rop of a pot of boiling water and cook for 30–35 minutes
- To check if ready, insert a tooth pick in the center. If it comes out clean, remove from heat and garnish. Otherwise, cook ir for another 3-4 minutes
- To prepare the frygornish (tarka), sightly heat Dalda Cooking Oil in a frying pan on medium heat for 2-3 minutes.
 Fry all the garnish ingredients and pour it on the Dhailley
- When it cools, cut into square pieces

Presentation:

Serve with garlic churry, for the churry, take 10–12 claves of garlic and 5–6 whole rea chillies. Roast them on a griddle and grind into a fine mixture with 2 tablespoors of Dalda Cooking Oil. Season with a pinch of salt in the end.

Tip

For quick fermentation of Dhokley, add halfa cup of white soft drink while grinding rice and lentils.

Handy Hint







Green Peas Paratha 17

Ingredients:

Green Peas (boiled & mashed) 1/4 kg Salt as per taste Red Chillies (crushed) /4 Isp. 1 medium Onion (finely sliced) Pomegranate Seeds 2 lbsp. Green Chillies(chopped) 4 Fresh Coriander (chapped) 1 bunch 1 bunch Sava (chopped) Wheat Flour 1 kg Dalda Cooking Oil for Irvina

Method:

- In a pat, slightly heat 1-2 tablespoons of Dalda Cooking Oil on medium heat for 2-3 minutes and startry onion till soft
- Add peas, salt, red chillies, green. chillies, fresh coriander, pomegranate seeds and saya in the pot and stir well for 3-5 minutes. Cover and simmer an low heat for 10-15 minutes. Remove from heat and cool
- Kneed flour after adding a pinch of solt and 4 tablespoons of Dalda Capking Oil. Wrop the dough in a damp muslin cloth and keep aside for 10~15 minutes
- Divide the dough into portions and stuff 1 tablespoon peas mixture in each. Enclose the filling in the dough with wet hands and refrigerate for 10-15 minutes
- Roll out the dough with soft hands in a round shape like a chappati and fry it on a griddle with some Dalda Cooking Oil

Presentation:

Serve hat with vegatable pickle or green churrey. To make green churrey, take 1 bunch of fresh contander. I bunch of mint leaves, 8-10 green chillies, 1 teaspoon cumin seeds. self as per taste, tamarind or raw mange (koeri) as required and 4 cloves of garlic Wash all the ingredients and grind them. tagether to a fine paste; delicious generi chamey is ready.

Tio:

For better results, wash and soak pomegranare seeds for 10-15 minutes and then grind.

Handy Hint

To preserve peas for a month or two, boll i litte water with a thep vineger and a thep sugge: Add i by period press. Boll for 3-5 minutes, dealer and refresh under cold water Make podicts occording to usage and freeze.





Poratoes	1 kg
Salt	os per faste
Red Chillies (crushed)	2 rbsp.
Turmeric Powder	I Isp.
Fenugreek Seeds	1 tap.
Nigello Seeds	1 lsp.
Aniseed	1 lsp.
Whole Coriander	2 lbsp.
Mustard Seeds	I tsp.
Mango Powaer	4 *bso
lemon Juice	4-6 ibso
Dalda Cooking Oil	as required

Garnish:

Fresh Coriander [chooped]

Method:

- Boil potatoes with skin for 5–7 minutes. Peel and make cross cuts at the brank of each potato, taking care not to so it
- Coarsely grind, fenugreek, nigota. uniseed, whole congreter and musicant seeds. Mix with red chill, salt, turnes a and manga powder. In a frying panor pat, add 1 reblespoon of Dalac Cooking Oil with the ground spice mixture. Stir the spices on medium heat for 3-4 minutes, sprinkling a little water from time to time.
- After cooling the cooked spices, shiff a small amount in the patatoes. Press. firmly so that the filling does not come DUI
- In a wok or a deep frying pan, hear Dalda Cooking Oil and deep by two polaloes of a time
- Shift all the polatoes to a heavy based pot and sprinkle leman julce on top Cover the pot and simmer on low heat for 5-7 minutes

Presentation:

Gamish and serve hot as a side dish or os a lea snack.

Tip:

Instead of lemon juice, 4-6 taplespoons of tamorina pulp can also be used.

> Remove stubborn price labels from ciothes by subbing it with an he nobe and then merching with feld mater and distrigent periods

Handy Hour







19 Mince Moneybags

Sc. Gold Edition

Ingredients:

Mincement 200 grams Serl as per taste Carlic Paste I Iso. Onion Ifinely sliced! 1 meduum Block Pepper Powder 1 1500. Tamato Paste 2 lbso. Dalda Cooking Oil 2-3 tesp.

For Money Bags:

Plain Flour (Maida) 1/2 kg Salt as per taste Dalda Cooking Qil 2 bsp and for frying:

Method:

- In a pot, heat Dolda Cooking Oil. on medium neat for 2-3 minutes. and soulé garlic for a minute
- Add mincemeat, salt, onion, plack peoper and tomato poste
- Mix well, cover and cook on medium. heat until water in the mindement. dries. Remove from heat and cool
- To make makeybags, add salt and 2 tablespoons of Dolda Cooking Oil in flour. Mix well and knead with some cold water for 8-10. minules
- Make small portions of the dough and roll each with a rolling pin into round shapes. Place some been notined doce no teamsonim close it like a pouch
- In a wok, hear Dalda Cooking O on medium heat for 3-5 minutes and deep fry the pouches till golden.

Presentation:

Tie the moneybogs from the center with a string of linely stripped spring. anion. Serve with tomata ketchup

Tio:

Before stuffing mincement, cool it. completely to keep the bags from crocking.

Elemente Himt

To get rid of bugs from plants, mix a pinch of garlic powder in one cap water and spreakle





Ingradiante:

nigreulenis.	
Potatoes (boiled & mashed)	½ kg
Salt	as per taste
Red Chillies (crushed)	1 tsp.
Block Pepper (freshly ground)	½ tsp.
Whole Coriander	1 tbsp.
Cymin Seeds	½ tsp.
Green Chillies (chapped)	4-6
Fresh Corionder (chopped)	1 bunch
Lemon Juice	4 flosp.
Plain Flour (Maida)	½ kg
Baking Sada	$\frac{1}{2}$ isp.
Oregono Seeds	1/4 tsp.
Jaggery (ground)	2 fbsp.
Dalda Cooking Oil	for frying

Method:

- Mix mashed potatoes with saft, red chilli, black pepper, whole coriander, cumin, fresh cariander, green chillies and leman. juice. Refrigerate for 5-10 minutes.
- In a saucepan, cook jaggery with 4 tablespoons of water for 2-3 minutes to meka a symp
- Mix flour with salt, baking sada, oregana. and jaggery syrup and knead into a hard dough with some worst. Wrap it in a wet mustin cloth and keep as de to: 10-15 minutes
- Make small portions of the dough and stuff each partien with I tablesecon of potato missure. Carefully fold up the edges with wet hands to completely cover the filling and press the edges together to seal. Rehigerate the kachanis for 10-15 minules
- Wet your hands again and lightly press each kachari on your palm. In a wak, heat Dalda Cooking Oil on medium heat for 3-5 minutes and deep by the kacharis fill golden brown
- Place them on a kirchen towel or абзольент рариг

Presentation:

Serve hat with green spice chutter or tomoto. ketchup.

Tip:

Frying the kacharis after retrigeraring them for 10-15 minutes makes them orlsp.



Handy Hint Bross and copper creciony can be cleaned by rubbing them with a mixture of vinegor





Fried Yellow Split Lentils. 200 grams Fried Moong Dool) Sall as per laste Onions (finely sliced) 2 medium. 1 bunch Fresh Coriander [chopped] Mint Leaves (chooced) % bunch 4-6 Green Chillies (chopped) 2 lbso. Lemon Juke Samosa Sheets 2 dozen Plain Flour [Maida] 2 lsp. Dalda Cooking Oil for frying

Method:

- Add solt, oriens, corlander, mint, green chillies and lemon juice in yellow lentils and mix well. Keep asidu for 10 minutes
- To prepare the paste to said the samosas, add just enough water in flour to make a smooth thick caste.
- Take a samoso sheet, hold it from one corner and fold it in a triangular shape Give it another fold and fill in 1 tablespoon of stuffing. Repeat once. using the same fold. Now only a thin horizontal strip will remain. Apply some flour paste and bring it down to the stuffed side. Press firmly, Repeat with the remaining sheets and refrigerate the samosas for 10-15 minutes
- In a wolk, heat Doldo Cooking Oil on medium heat for 3-5 minutes and deep for the samosas fill golden brown

Presentation:

Serve with temperate champy and green spice. chulthigh

Tip:

If fitted doct is not available, take 2 cups of yellow lentil and sook it in 1 cup water for 10-15 minutes. Steam it in a frying pan for 5-7 minutes and use when the water dries.





Potatoes 1 kg
Solt as per taste
Black Pepper (freshly ground) 1 tsp.
Green Chillies (chopped) 4-6
Cumin Seeds,
Iroasted & ground) 1 tsp.
Lemon Juice 3-4 tbsp.
Fresh Coriander (chopped) 1 bunch

For Batter:

Gram Flaur 2 cups
Salt as per taste
Turmeric Powder ½ tsp.
Red Chilli Pawder 1 tsp.
Dalda Cooking Oil for frying

For Tamarind Chutney:

Tamarind Pulp 1 cup
Salt as per taste
Sugar or Jaggery 2-3 rbsp.
Red Chilli Pawder ½ tsp
Cumin Seeds
(roasted & ground) 1 tsp.

Method:

- Boil and mash the potatoes. Add fresh coriander, green chillies, salt, black pepper, cumin and lemon juice and mix well
- Make small potato balls and refrigerate for 10-15 minutes
- To make the botter, mix salt, turmeric and red chilli powder in gram flour.
 Make a thick paste by adding a little water. Cover and keep the batter in a warm place for 10-15 minutes
- In a wok, heat Dalda Cooking Oil on medium heat for 3-5 minutes.
 Dip the potato balls in the batter and deep fry till golden brown
- To make the tamarind chutney, mix all the ingredients and cook them on low heat for 10 minutes. Remove from heat, cool completely and store the chutney in a clean, dry bottle

Presentation:

Serve hot potato balls with tomarind chutney.

Tip:

To prevent stickiness of boiled potatoes, add 2-3 tablespoons of lemon juice.



I knowly Hint To reduce the hardness of water, add 1 tsp books powder in 10-15 litres of water. Use when required, encycle for cooking and drinking.





ko Baby Potatoes as per taste Salt 4-6 cloves Garlie libso. Cumin Seeds Green Chillies 10 - 12bunch Fresh Coriander 1 bunch Mina Leaves 3-4 tbsp. Lemon luice Dalda Cooking Oil 4-6 tbsp.

Method:

- Boil and peel the potatoes and keep. them aside for some time
- Grind garlic cloves with cumin, green chillies, mint, corlander and lemon juice to make a fine chutney paste
- In a wok or a frying pan, heat Daloa Cooking Oil on medium heat for 3-5 minutes. Add the chutney paste and fry for 3-4 minutes
- Add polatoes and salt and mix well. Cover and simmer on low heat for 5-7 minutes

Presentation:

Serve hat with parathas or puris.

Tip:

To get more juice from lemons, soak them in hot water for a few minutes.





مبات ما كارهان والبيا

ingredients:

mgreens.	
Mincement	½ kg
Sol	as per laste
Ginger Garlic Poste	1 tbsp.
Onions (finely chopped)	2 medium
Red Chilli Powder	1 tsp.
Whole Corionder	I tosp.
Black Pepper Powder	1/4 tsp.
Cymin Seeds	1 lsp.
Green Chillies (chopped)	3-4
Fresh Corionder [chopped]	1 bunch
temon Juice	2 tbsp.
Plain Flour (Maida)	1 kg
Baking Sada	1 tsp.
Oregano Seeds	$\frac{1}{2}$ tsp.
Dalda VTF Banaspati	for lrying

Method:

- Knead flour with soft, baking soda. oregano and 4 tablespoons of Dalda VTF Banaspati. Kneed well for 8-10 minutes. Cover with a damp muslin cloth and leave aside for 10-15 minutes
- In a pot, heat I tablespoon of Dalda VTF Banaspati on medium heat for 2-3 minutes. Add mincemed with garger garlic paste, black pepper and red chilli powder. Cook till water in the mirroemeat dries. Add whole coriander and aumin and stir well for 2-3 minutes
- Remove from hear and add onions. green chillies, fresh conlander and lemon juice. Mix well and cool
- To make the kacharis, divide the dough. into small postions. Wet your nands, place a portion in the palm of your hand are spread to little. Stuff ribbut I tablespoon of minoment in the dough and fold up the edges to completely cover the filling. Press the edges together to seal and refrigerate the kacheris for 10-15 minutes
- In a wek, hear Dolda VTF Banaspari on medium heat for 3-5 minutes
- Wet your lingers ogoin, lightly press each kachori on your palm and deep fry till golden
- Place them on a kitchen lowel or obscribent paper

Presentation:

Serve hot with green spice chamey.

Tio:

Store the dough in a warm place for same time to make Ruffy kacharis.

Handy Hint





To keep sandmithes firsh for hours, wrap them in a clean wet towel or a place of wet



25 Shahjehani Koftas

Ingredients For Koftas:

Chicken Mince 1 kg Ginger Garlic Posts 1 tbsp. Salt as per laste White Pepper Powder lbso. Desiccoted Coconut 2 rbsp. Green Chillies 4-6Fresh Coriander ¼ bunch Almonds 4 fbsp. Pistachios. 4 fbsp. Raisins 4 tbsp Bread Slices

Ingredients For Gravy:

Onions (linely sliced) 2 medium Ginger Garlic Paste tsp. Salt as per loste White Pepper Powder ISP. Cumin Seeds l Isp. Whole Garam Masala l lbso Milk 2 cups Yogurt (whipped) 1 cup Fresh Cream % CUP Garem Masaka Povvder libsp. Green Chillies (chopped) 3-41/2 bunch Fresh Coriander (chapped) Dalda Cooking Oil 1/4 cup

Garnish;

Fresh Cream ½ cup Almonds (peeled) 8-10

Method for Koftas:

 Mix all the kota Ingredients and grind well. Refrigerate for a few minutes Make small ablang shaped kofas and refrigerate them until the gravy is prepared

Method for Gravy:

- In a large pot, heat Dalda Cooking Oil on medium heat for 3-5 minutes and add whole garam masala
 When it poos, add onions and stirt fry till golden
- Add ginger garlic posts, solt, white pepper, cumin and yogurt and stir well for 2-3 minutes. Add the koftos and stir well until oil separates
- Add milk and when it comes to a boil, pour the cream. Shake the pot lightly by holding it with patholders
- Sprinkle green chillies, fresh coriander and garem masafa powder and simmer on low heat for 5-7 minutes

Presentation:

Dish out and garnish with fresh cream and almonds. Serve with balled rice

Tip:

Do not overcook the koftas or they will harden.

Hundy Mint

To prevent ruds and finits from slinking to the bettern of the order while its indiring lightly toos them in flour before adding them to the cohe better:







Boneless Chicken (cubed)	l kg
Solt	as per taste
Garlic Paste	I ibsp.
Whole Red Chillies	4-6
White Pepper Powder	1 fbsp.
Vinegor	2-3 lbsp.
Saya Souce	4 tbso.
Chilli Souce	2 rbsp.
Sugar	1 tsp.
Chinese Sall	l 15ga.
Tomáto Paste	1 cup
Tomata Kétchup	1 cup
Stock*	1 cup
Dalda Cooking Oil	4-6 ibsp.

Gamish:

Spring Onion (chopped)	2 Hosp.
Carrot (julienne)	2 fbsp.
Capsicum (julienne)	2 1bsp

Method:

- Marinate chicken with chilli sauce, vinegar, saya sauce, salt, white pepper.; sugar and Chinese salt. Keep aside for half on hour
- In a pot, heat Dolda Cooking Oil on medium heat for 3-5 minutes. Souré garlic for a minute and add chicken Golden fry the chicken on high heat and remove it from the pot
- In the same pot add tomato paste, ketchup and stock. Add salt, whole red chillies and cook until thick. Add the chicken and bring to a ball. Heat a sizzler plate (easily available in shops) on medium heat for 10 minutes and pour the manchurian into the hat plate

Presentation:

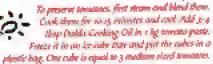
Garnish and serve hot with boiled rice or fried rice

*Tip:

To make chicken stock, boil ½ kg chicken bones in a pot with 4-6 cups of water until only one cup of stock remains. To avoid heek, add one small whole peeled onion and 2-4 black pepper came when it comes to a boil.

Instead of stack, you can also use 1-2 chicken cubes dissolved in 1 cup water.

Handy Flint







Chicken Biryani

Ingredients:

11/4 kg Chicken 1 kg Rice Ginger Garlic Paste 2 ibsp. as per laste Sala 3 medium Onions (finely sliced) & medium Tomataes (sliced) l cup Yoguri (whipped) Cumin Seeds 1 150. Turmeric Powder 1 150 Red Chilli Powder 2 flosp. Corionder Powder I loso. 1 1650. Garam Masala Powder 6 - 8Green Chillies Ichooped 1/2 bunch Fresh Coriander (chopped) 1/4 bunch Mint leaves (chapped) Whole Garam Masola 2 tosp. Yellow Food Color o pinch Mille A CUP a few drops Kewra Essence Dalda Cooking Oil 1 cup

Method:

- In a pot, heat Dalda Cooking Oil on medium heat for 3–5 minutes and add whole garam mosala.
 When it paps, add onlons and stirfry till golden
- Add ginger garlic paste, turmeric and aumin and stir for 2-3 minutes
 Add tomotoes and cook till tender
- When the tomatoes form a paste, add chicken with salt, red chilli powder, coriander powder, garam masala powder, green chillies, fresh coriander and mint leaves. Add yogurt and mix well. Cover and cook on medium heat for 12-15 minutes
- Parbail rice with some whole garam mosala and drain the water
- In a large pot, layer the chicken curry and cover with rice. Sprinkle milk mixed with food color and kewro essence
- Cover and simmer on a hot gridate on low heat for 15 to 20 minutes

Presentation:

Serve hat with salad and raita.

Tip:

Sook rice for 20 minutes before boiling.

Handy Hint



To preserve uncooked rise for long periods of time, add 50 grows of whole red chillies in carre toky rise





28 Bihari Chicken

Ingredients: Chicken 1 kg cut into 8 pieces Ginger Garlic Paste 1 toso. Salt as per taste Red Chilli Powder 1 tosp. Poppy Seeds 2 lbso. Garam Masala Pawder libso. Raw Papaya laroundi 1 Isp. Raw Onion (ground) % oup Brown Onion % cup Yeaurt 1/2 cup Charcoel small piece Dalda Cooking Oil % cup

Method:

- Make 2-3 deep slant cuts in each chicken piece, wash thoroughly and dry with a clean cloth. Marinate the chicken with ginger garlic paste, salt, red chilli, pappy seeds, garam masala, papaya, raw and brown onion and yogurt. Refrigerate for 2-3 hours
- Heat the piece of charcoal on a stove flame until red hot
- Shift the marinated chicken to a pot.
 Put a fall paper or an onion peel in the middle and place the charcoal on it.
 Pour Dolda Cooking Oil over the coal and cover immediately so that the smake does not escape.
- After 15–20 minutes, remove the charcoal and cook the chicken on medium heat till water in the chicken dries thoroughly
- Simmer for 5 minutes on low heat and remove from stove

Presentation:

Dish out in a platter and serve hot with saled, rails and man.

Tip:

To make raita, whip 1 cup yagurt and odd a pinch of saft, 1/4 teaspoon black pepper powder and 1 teaspoon roasted and ground cumin seeds. Mix well.

Handy Hint



For extra brightness in white dother, add a few firsh slices of known in mater and bring it to a boil. Cool slightly and dip the clother in it for we specimens and rives with draw mater.





Ingredients: Chicken Mince 1 kg Sale as per loste 2 medium. Onions Black Pepper (freshly ground) 1 tsp. Cumin Seeds 1 fbsp. Small Cordamom 6 Roosled Grom 2 tbsp. Garam Masola Powder I tosp. Sova Sauce 2 losp. Red Chilli Povvder I Isp. Bread Slices 2 tibsp. Raw Papaya (ground) Fresh Coriander (chapped) 1/2 bunch

Green Chillies (chopped)

Dalda Cooking Oil

6-B

as required

Method:

- Grind chicken mince with onions, black pepper, cumin, cordomom, garam masela, popoyo, reasted gram and bread slices. Then add salt, saya sauce. red chilli powder, corionder, green chillies and eggs and mix well
- Take 2 tablespoons of chicken mince. and pot it ground each barbecue skewer to make 4-5 inch long kebabs. Refrigerate for 10-12 minutes
- Roast the kebabs over a direct flame. for 1-2 minutes.
- Heat a frying pan over medium heat. for 2-3 minutes and add 1-2 tablespoons of Dalda Cooking Oil
- Remove the roosted kebabs from the skewers and put them in the pan. Keep rolling them with a wooden spoon for 3-4 minutes till the kebabs are cooked on all sides.
- Place the kebabs on a kitchen towel or. absorbent paper

Presentation:

Serve hot with vogust, raita and noon

Bonelass chicken cubes can also be used instead of minard chicken.

Ó

Handy Hint To protect salt from moisture, add a few cloves in the salt shaker.





ingrediens.	
Chicken	1 kg
Chickpeas (boiled)	l cup
Ginger Garlic Paste	2 tosp.
Salt	as per task
Onions (finely sliced)	2 medium
Tomatoes (cubeo)	3 medium
Black Pepper Powder	1 rbsp.
Coriander Powder	1 ibsp.
Cumin Seeds	l tsp.
Turmeric Powder	1 sp.
Dalda VTF Banaspati	½ ¢up

Garnish:

Chillian laboration	3-4
Green Chillies chopped	_
Fresh Corionder (chopped)	% bunch

Method:

- In a pat, slightly heat Dalda VTF Banaspati on medium heat for 2-3 minutes. Add anions and fry till golden
- Add ginger garlic poste with black popper and souté for a minute. Then add tomatoes and cook until tencer
- Add solf, coriander powder, cum.n., turmerse and chicken and stir well until barraspati separates
- Add chickpeas with 2 cups of water and cook on low heat for 10-12 minutés

Presentation:

Garnish and serve hot with noon.

Tip:

Wash and sook chickpeas in warm water mixed with 1/2 teaspoon of baking soda for 2 hours. Wash them again and boil them with 3-4 cups of fresh water until tender.



Honey Hint

If potators, swirt potators and chickpeas basement are tender, good and refrigerate for some time.



Chicken Jalfrezi

Ingredients:

Boneless Chicken (cubed) 1 kg Salt as per taste. 2 tbsp. Ginger Garlic Paste I tosp. Red Chilli Powder Coriander Powder 1 tbsp. Turmeric Powder I tsp. 3 medium Onions (cubed) 4-5 medium. Tamatoes (cubed) 2 medium. Considum (cubed) Dalda Cooking Oil 4 cup

Garnish:

Fresh Coriander (chopped) ½ bunch Green Chillies (chopped) 3–4 Garam Mosola Powder I tsp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 3-4 minutes.
 Add ginger garlic paste and sauté for 1-2 minutes
- Add salt, red chilli powder, corlonder powder, turmeric and chicken and mix well. Cook on high heat for 4-5 minutes until the chicken is tender
- Add arrions, tomatoes and capsicum and mix well. Cook for another 3-4 minutes and dish out

Presentation:

Garnish and serve has with boiled rice.

Tip:

Cut the chicken cubes after refrigerating for some time. The cubes should be of the same size so as to tender evenly.





Before pouring jelly into the mould. lightly brush the mould with a few drops of Daldo Cooking Cal. This will help remove the jelly easily after it sets.



-	
Boneless Chicken (cubed)	1 kg
Salt	as per laste
Garlic Paste	I tsp.
Onions (finely chopped)	2 medium
Red Chilli Powder	1 tbsp.
Corlander Pawder	1 tbsp.
Turmeric Powder	I tsp.
Cumin Seeds	1 tsp.
Tomato Paste	1 cup
Stock*	2 cups
Fresh Coriander (chopped)	1/2 bunch
Butter or Morgorine	2 rbsp.
Coshew Nuts (crushed)	4-6 tbsp.
Dalda Cooking Oil	4 tbsp.

* Note:

To make the stock, boil ½ kg bones in a pot with 6-8 cups of water until only two cups of stock remain. To avoid heek, add one small whole peeled onion and 2-4 black pepper corns when it comes to a boil.

Method:

- In a frying pan, heat Dalda Cooking Oil on low heat for 2-3 minutes Add garlic and souté for 1-2 minutes. Add chicken and fry it on high heat for 3-4 minutes
- In a pat, melt butter or margarine and souté orions and fresh coriander till soft. Add cashew nuts and stir well for 3-4 minutes
- Add salt, red chilli powder, coriander powder, turmeric, cumin and stock and stir slawly until it thickens
- When the stock thickens to the required consistency, add the chicken and tomato passe
- Simmer on low heat for 3–5 minutes and remove from heat

Presentation:

Dish out and serve hot with bailed rice.

Tip:

For this recipe, you can use chicken pieces with bone; cashew nuts can be replaced with peanuts.

> Handy Hint To store dry fruits for a long time, seal them in a frown bag. Put the brown bag in a plostic bag and keep it in the lower shelf of the refrigerator.







Boneless Chicken (cubed)	1	kg
Solt	a:	per taste
Garlic Paste	1	rbsp.
White Pepper Powder	1	ribsp.
Vinegar	4	rbsp.
Tomato Paste	2	cups
Tomato Ketchup	2	cups
Capsicum (cubed)	2	medium
Fresh Red Chillies (chopped)	8	-10
Dalda Cooking Oil	4	tbsp.

Garnish:

Spring Onion (chopped)

Note:

Mexican food is normally very spicy, you can put chillies according to taste.

Method:

- Marinate chicken with garlic, salt, vinegar and white pepper and refrigerate for 1.5–20 minutes
- In a pot or a wok, slightly heat Dolda Cooking Oil on medium heat for 2-3 minutes. Stirftry the chicken on high heat till water in the chicken dries
- Add tomato paste and tomato ketchup and cook for 5 minutes
- Then add capsicum and red chillies and cook on low heat for 3-4 minutes

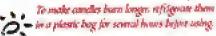
Presentation:

Garnish and serve hot with Mexican rice.

Tip:

Bailed carn kernels can be added for an attractive presentation.

Handy Hint







Chicken 1 kg lout into small pieces). 2 ibso. Garlic Paster Ginger Paste 1 losp. as per laste Sat 2 medium Onions (finely sliced) 5-6 medium Tomorges (cubed) Yogurt [whipped] /, cup I tlasp. Red Chilli Powder ISC. Turmeric Powder libsp. Cumin Seeds Bay Leaves Dalda Cooking Oil % cup

Gornish:

The said of the second	
Dry Fenugreek	1 tsp.
Big Green Chillies	4-5
Fresh Coriander [chopped]	% bund
Ginger (julienne)	2 lsp.
Gorom Masala Powder	ì tsp.
Black Pepper Powder	$\frac{1}{2}$ isp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 4-5 minutes and and boy leaves. Add on ons arter a minute and sauté until sait
- Add ginger and garlic paste, cumin. and turmeric, stir for 2-3 minutes and add tomatous
- Mix well, add salt and red chilli. and stir until tomatoes are fully tender
- Add chicken pieces and yagurt. Mix. well, cover and book on medium heat until oil separates
- Garnish and simmer on low heat for 5-7 minutes and remove from 5kgve

Presentation:

Serve hat with parathas or noon.

Tip:

If using muttan instead of chicken, cook on low heat to tenderise well.



Flandy Hint When refrigerating food, always cover with a hel to keep the senells from mixing.



Hot & Crispy Fried Chicken

Ingredients:

In the part of the same of		
Chicken (cut in 8 pieces)		½ kg
Salt	O:	s per toste
Dry Garlic Powder	1	tbsp.
Red Chillies (crushed)	1	tbsp.
Black Pepper [freshly ground	1	Bp.
Whole Coriander (ground)	1	tsp.
Cumin Seeds Iground	1	tsp.
Plain Flour (Maida)	2	cups
Carn Flour	1	cup
Dalda Cooking Oil	K	or frying

Method:

- Clean and wash chicken thoroughly and make deep cuts
- Mix flour with com flour, salt, garlic, red chilli, black pepper, cumin and corlander
- In one half of the flaur mixture, add enough cold water to make a thick paste. Keep the remaining dry flour aside for later use
- Dip chicken pieces in the flour paste and refrigerate for 4-6 hours. Then roll the pieces in the dry flour and refrigerate again for 10-15 minutes
- In a wok, heat Dalda Cooking Oil on medium heat for 4-5 minutes.
 Fry the chicken pieces on high heat until golden

Presentation:

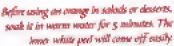
Serve with french fries, coleslaw and ketchup. To make the coleslaw, mix 1 cup mayonnaise with 1-11/2 cup of linely chopped cabbage.

Tip:

For a crispy fried result, refrigerate marinated items for a few minutes before frying.











Chicken 1 kg Salt as per laste Garlio 8-10 cloves Ginger 1-2 inch piece Onions (sliced) 2 medium Yagurt (whipped) CUD Whole Red Chillies 10 - 12Cumin Seeds 1 tbsp. Black Pepper (freshly ground) 1 tsp. Whole Garam Masala 1 fbsp. Dalda Cooking Oil 1/4 cup

Garnish:

Fresh Corlander (chopped) Lemon Slices

Method:

- Marinate chicken with salt, black pepper and yagurt and keep aside for half on hour
- Coarsely grind onions with ginger. garlic, cumin and red chillies. In a pot, slightly heat Dalda Cooking Oil on medium heat for 2-3 minutes and add whole garam masala.
 When II pops, add ground spice mixture and stir well for 4-5 minutes
- Add chicken and mix well. Cover and cook on medium heat until ail separates
- Garnish with some fresh coriander and simmer for 3-4 minutes

Presentation:

Dish out, garnish and serve with parathas

Tip:

Before grinding the spices, lightly roost them for more aroma and flavour

ò-

Handy Hint

If carry burns, add \(\frac{1}{2}\) cup milk in \(\frac{1}{2}\) by carry and stranger on love heat for \$-7\) minutes.



Whole Chicken 1 kg
Ripe 3 cups
Tomotoes ½ kg
Brown Onion 1 cup
Salt as per taste
Black Pepper (freshly ground) 1 ibsp.
Dalda Cooking Oil 1 cup

Garnish:

Fresh Pomegranale Seeds 1 cup

Method:

- Wash and soak rice for 20 minutes.
 Parbail them in 10-12 cups of bailing water for 3-4 minutes and drain the water
- Clean and wash the chicken and make deep cuts. In a wok or a deep pat, heat Dakta Cooking Oil on medium heat for 4-5 minutes and golden fry the chicken on high heat
- Blend onions and tomatoes with 3 cups of water and pour it on the chicken. Season with salt and black pepper, cover and cook on low heat until only half of the curry remains
- In a large pat, spread half of the boiled rice and place the whole chicken on them. Cover the chicken with the remaining rice
- Pour the tomato gravy from the side, cover and simmer on low heat for 20 minutes. Remove the chicken and mix the rice well before dishing out

Presentation:

Dish out the rice in a large round platter and place the chicken in the middle. Gamish with pomegranate seeds on the side.

Tip:

It is better if peeled tomatoes are used.

Handy Hint



To remove the smell of eight put a teaspoon of baking sode in the ashtray.





lamen diameter.

iligrealents:	
Boneless Chicken	1 kg
Garlio (crushed)	2 tsp.
Salt	as per lash
Onions (finely sliced)	3 medium
Tomatoes	3 med um
(boiled & blended)	
Yoguri (whipped)	% cup
Red Chilli Powder	1 fosp,
Turmeric Powder	I tsp.
Garam Masala Powder	1 tbsp.
Cumin Seeds	i fbsp.
(roosted & ground)	
Almonds	6-8
Desiccated Coconut	2 tbsp.
Butter or Margarine	2 thsp.
Stock	2 cups
Dalda Cooking Qil	% cup

Gornish^{*}

Fresh Cream	* \$	1 cup
Dry Fenugreek		I isp.
Almonds		a few

Method:

kaste

- To make the stock, boil ½ kg chicken. bones in a par with 6-8 cups of water until only two cups of stack remain. To avoid heak, add one small whole peeled onion and 2-4 black peoper coms when it comes to a boil
- In an earthenwore per (hand), boil 1. onion and I teaspoon of garlic in the stock. When tender, remove from heat and add 1/2 cup Dalda Cooking Oil Grind in a food processor and keep osida.
- In the same pot, heat the remaining Dolda Cooking Oil on medium heat for 3-5 minutes, Blend yagurt with almonds and cocanut to make a smooth paste and add it to the pot with I teaspoon of garlie. Stir well for 3-4 minutes. Add lomatoes, salt, red chilli, turmerlo, cumin and garam masala and stir well until oil separates. Add chicken and cook on medium beat for 10-15 minutes.
- In a frying pan, melt butter or margorine. and add the ground onion mixture. Shr. well until the mixture dries completely and add to the chicken pat. Mix well and cook the chicken for gnother 10-15
- Garnish and cook on law heat for 5 minutes.

Presentation:

Serve hat in handi with paratha or naon,

Tip:

Heat butter or margarine until it just melts, otherwise it might burn.

Handy Flint For added shine to a leather suitease, rub it with a soft my dipped in lemon july.





and a contract	
Chinese Noodles	1 packet
	(200 grams)
Boncless Chicken (cubed)	ly kg
Sal-	as per laste
Garlic Paste	1 tsp.
White Pepper Powder	1 tbsp.
Sugar	1 rbsp.
Chinese Salt	I sp.
Spring Onions (chopped)	3-4
Vinegar	4 tbsp
Soya Sauce	4 thisp
Corn Flour	2 lbsp.
Dalda Cooking Oil	4-6 fbsp.

Garnish:

Green Chillies (chopped) 3-4
Chilli Sauce as required

Method:

- Break the noodles into small pieces and add to 10–12 cups of bailing water. When lender, strain and soak the noodles in cold water to cool
- In a wok, heat Dalda Cooking Oil on medium heat for 2-3 minutes and souté garlic for a minute. Add chicken and stirfry on high heat so the water in the chicken dries completely
- Add noodles, salt, white pepper, sugar, Chinese salt, soya sauce and vinegar. Mix well on high heat
- Add spring orions and sprinkle comflour. Stir vigorously for 2-3 minutes and remove from heat

Presentation:

Gamish and serve hot with green chillies and chilli squae kept on the side.

Tip:

Break the needles into equal sized pieces to cook evenly.





Gold Edition

logradients:

kg
The same of the sa
s per taste
flesp.
ıbsp.
ibsp.
Ibsp
cup
tbsp.
thisp.
cups
cup

Garnish:

Parsley (finely chopped)

Method:

- Marinate chicken with solt, garlic posts; white peoper, mustard and worcestershire sauce and refrigerate for an hour. In the meantime, prepare the brown squoe
- To make the brown sauce, first starfry. % kg bones in a pot with 1-2 tablespoons of Dolda Cooking Oil until brown. Add 6-8 cups of water and boil till only 2 cups of stock remain.
- In a squacpan, melt butter or margarine and add flour. Stir until fragrant. Add the stock a little at a time, stirring continuously with a beater to avoid lumps. Brown souce is ready
- In a wok or a frying pan, heat Dolda Cooking Oil on medium heat for 3-4 minutes. Fry the chicken breasts in batches of two and remove. Then stinfry the mushrooms in the same wok
- Add the chicken breasts to the brown souce and cook on medium heat until it thickens, lastly, add the mushrooms and simmer on low heat or 3-5 minutes

Presentation:

Gamish and serve hat with boiled rice.

Tip:

For this recipe, cut the chicken as desired; either out into small cubes or use whole breast pieces.

Humby Hint



To prevent flue china plates from crucking, dry them theorygidy after washing and place a paper plate in between each when stacking.





C. C. A.	
R ce	1 kg
Boneless Chicken (cubed)	74 kg
Salt	os per tosti
Garlio Poste	1 tsp.
Spring Onions (chopped)	3-4
Carrots (chooped)	2 medium
Cabbage (chopped)	1 small
Vinegor	2 thap.
Soyo Sauce	4 Usp.
While Pepper Powder	1 tbsp.
Suger	1 thep.
Chinese Salt	I sp.
Eggs	3
Dalda Cooking Oil	4-6 lbsp.
	li

Garnish:

Green Chillies (chopped) 2-3

Method:

- Boil rice and drain the water. Cover and relingerate for 4-6 hours
- In a wok, hear Dalda Cooking Oil on medium hear for 2-3 minutes and south garlic for 1-2 minutes.
 Then odd chicken and stirfty until water from the chicken dries
- Add rice and mix well with the help of two spoons until her
- Add cabbage, carrots and spring anions and mix well for a minute.
 Then add sall, sugar, white pepper and Chinese sall and mix well
- Beat eggs with salt and a pinch of white pepper and pour it on the rice. Add vinegar and soya sauce in the end and mix well

Presentation:

Dish out, garnish and serve hot.

Tip:

Stir-fry the rice in a wok to keep from breaking.





Boneless Chicken (cubed) 1 kg White Wheat 1/2 kg Salt as per laste Ginger Garlic Paste 2 tosp. Onlons (finely sliced) 2 medium Green Chillies (chopped) 8-6 Black Pepper Powder I than. Cumin Seeds 1 Ibsp. Dalda Cooking Oil 1/4 cup

Garnish:

Ginger (julienne) Green Chillies (chopped)

Method:

- Wash white wheat and soak it in 1-1½ litre hat water for 2-3 hours and then boil until completely tender
- In a pat, heat Dakka Cooking Oil on medium heat for 3-4 minutes Add onions and fry till golden
- Sauté ginger garlic paste for 1-2 minutes. Then add chicken with green chillies, black pepper and cumin, Mix well, cover and cock until water in the chicken dries
- Add wheat and season with sall.
 Mix well, cover and simmer on low heat for 15-20 minutes and remove from stove

Presentation:

Garnish and serve hot.

Tip:

For an enhanced flovour, after mixing wheat with meat, add ½ bunch chopped fresh coriander, ½ bunch chopped mint leaves and 2 cups of chicken stock.



Handy Hint

To get rid of carry states from dothes, sprivide takeum powder on the states, Cover it with a master doth and press with a hot true. Wash after a few minutes.



Chicken	l kg
(cut into small pieces)	3
Rice	Lkg
(washed & soaked for 20	minutes
Sah	Os per tosto
Garlic Poste	1 Hosp,
Red Chillies (crushed)	1 tbsp.
Cloves	6-8
Small Cardanom	6-8
Bay leaves	1-2
Green Chillies (chopped)	3-4
Capsicum (cubed)	2 medium
Hat Sauce*	2 ibsp.
Dalda Cooking Oil	% cup

Method:

- In a pot, heat Daldo Cooking Cilon medium heat for 3-4 minutes.
 Add cloves, cardomom and bay leaves and stir-fry for 1-2 minutes.
- Add garlie, salt and chicken and mix well. Cover and cook on medium heat until water in the chicken dries
- When the water dries, odd not and stir well for a few minutes. Add 4 cups of water and mix well. Cook on medium heat until only is cup water remains.
- Add green and red chillies and cook until the water dries. Then add capsicum and hot sauce and simmer on low heat for 5-7 minutes

Presentation:

Mix well and dish out. Serve with hat sauce.

*Tip:

If hot sauce is not available, use soya sauce and chilli sauce mixed in equal auantities.



Handy Hint

When using silver polish, odd a few drops of ammonia for more shine.



Rice (washed and soaked) 1 kg

For Koftas:

Mincement % kg Ginger Garlic Paste I tbso. Salt as per taste Onions (finely sliced) 2 medium Red Chilli powder foso. Green Chillies 4-6 Fresh Corionder % bunch 4 fbsp. Roasted Grams Bread Slices 2 Egg .

For Gravy:

Onions (finely sliced) 2 medium Ginger Garlic Paste 1 fbsp. Salt as per faste Red Chilli Powder -...1 fbsp... Cumin Seeds. I tsp. Whole Garam Masala l (bsp. Yogurt % cup Tomatoes (sliced) 3 medium Dalda Cooking Oil 14 cup

Garnish:

Green Chillies (chopped) 3-4 Fresh Coriander (chopped) ½ bunch

Method:

- To make the koltas, odd all the kolta ingredients (except egg) in mincemeat and grind twice on a sill or in a food processor. Add egg and mix well and refrigerate for 10-15 minutes
- Apply some Dalda Cooking Oil on hands and make small mincemear bails (koftas). Refrigerate the koftas for 10–15 minutes.
- To make the gravy, hear Dalda Cooking
 Oil in a pot on medium heat for 3-5
 minutes and add whale garam mosala.
 When it pops, add anions and stirrly
 fill golden. Add all the gravy spices,
 yagust and tomatoes and stir well until
 oil separates. Add a cup of water and
 bring to a boil
- Add the kaltas to the gravy and lightly shake the pat with pathoders. Cook until the water dries completely
- Sprinkle green chillies and fresh coriander and add 4–5 cups of water.
 When it comes to a boil, add rice.
 Cover and cook on medium heat till the water dries
- Simmer on low heat for 5–7 minutes

Presentation:

Dish out very carefully to prevent koftas from breaking. Garnish with boiled eggs if you wish and serve hot.

Tip:

Before adding rice, remove the koftas. When the water dries, mix well and add the koftas again.

Handy Hod

Store other plated exclury in brown paper - instead of a newspaper as the newspaper inh dlins its phine.





Nargisy Koftey

Ingredients for Koftas:

Mincemeat	1 kg
Ginger Garlic Paste	1 lbsp.
Salt	as per last
Onions	2 medium
Red Chilli Powder	1 tosp.
Green Chillies	3-4
Fresh Coriander	$\frac{1}{2}$ bungh
Roasted Grams	4 tosp.
Bread Slices	2
Eggs	9

Ingredients for Gravy:

2 medium
1 lsp.
as per taste
i tsp.
1 lbsp.
∕ ₂ 1sp.
I tap.
il tbsp.
1 cup
1/2 curp

Gornish:

Green Chillies (chopped) 3-4 Fresh Coriander (chopped) ½ bunch

Method for Koftos:

- Add all the ingredients (except eggs) in minoemed and grind twice. Add an egg, kneed well and relingerate for 10-15 minutes.
- Hard tool 8 eggs and wrap each egg firmly in minoemeat (apply same Dalda Coaking Oil on hands). If need be, secure the kohas with some thread. Rehigerate the kohas until the gravy is prepared

Method for Gravy:

- In a large pot, slightly heat Darda Cooking Oil on medium heat for 3-4 minutes and add whole garam masala. When it pops, add onions and stirfry till light golden.
- Nax all the gravy spices in yaguit and pour it in the par. Stri well until all separates.
 Pour a cup of water and bring to a boil.
 Add the kattas and cook without covering until the water dries, lightly shaking the par a few times in between
- When the water dries, add another out of water and sprinkle fresh corrender and green children. Simmer on low heat for 5–7 minutes

Presentation:

Remove the koftas from the pot and cut them lengthwise. Dish out the gravy and place the koftas an top. Serve hot

Tip:

Before cutting each kofta, dip the knife in warm water.

The kaftas can be made using the shami kabab recipe as well. But minoemeat with ginger garlic paste, red chilli, onion and a cup of gram lentil. Mix the remaining spices and grind.

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Handy Hint For nearistanent of plants, cool the water ofter boiling eggs in it and pour it in the plants.





	A 1
Meat	1 kg
Polatoes (cut in 4 pieces)	1/2 kg
Ginger Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	3 medium
Yogurt	1 cup
Red Chilli Powder	1 tbsp.
Corionder Powder	1 fbsp.
Cumin Seeds	1 tsp.
Turmeric Powder	1 tsp.
Whole Garam Masala	1 lbsp.
Tomatoes (cubed)	3 medium
Green Chillies [chopped]	3-4
Fresh Coriander (chopped)	½ bunch
Dalda Cooking Oil	1/2 cup

Fry-Gamish (Tarka):

Caraway Seeds	$\frac{1}{2}$ isp.
Dalda Cooking Oil	2 rosp.

Method:

- Marinate meat with ginger garlic paste, salt, onlan, red chilli, coriander powder, cumin, turneric, whole garam mosalo, yagurt and tomatoes. Keep aside for half an hour.
- Pour ½ cup Dalda Cooking Oil on the meat. Shift the meat to a pot and cook on medium heat for half an hour
- Add paratoes to the meat with 2 cups of water. Mix well and cook until the potatoes are tender. Sprinkle green chillies and fresh carrander
- To make the frygamish, heat 2 tablespoors of Dalda Cooking Oil in a frying pan and add caraway seeds Sirlry for 2-3 minutes and pour on the meat
- Simmer the meat on low heat for 5-7 minutes and remove from slave

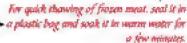
Presentation:

Serve with solad and bailed rice. To make the solad, finely chap an anian, tomato and aucumber. Mix them with 2 finely chapped green chillies and chapped fresh cariander. Sprinkle lemon juice and serve.

Tip:

Salad should be made fresh just before serving. If it needs to be kept for a few hours, refrigerate it with cover.

Handy Hint







Boneless Beet (fillet) 1 kg Ginger (thinly sliced) 2-3 inch piece Stock* or water Cup Salt as per taste White Pepper Powder I isp. Black Pepper Powder 1 tsp. 2-3 tbsp. Vinegar 2 Hosp. Soya Sauce 1 rbsp. Sugar Baking Powder 1 %p. Com Flour 2 bsp. Eggs Dalda Cooking Oil % cup

Gamish:

Sesame Oil 2 fbsp. Spring On on (chopped)

*Note:

To make the stock, bail 1/2 kg bones in a parwith 4-6 cups of water until only one cup of stock remains. To avoid heek, add one small whale peeled onion and 2-4 black pepper coms when it comes to a boll.

Method:

- Marinate beef with 1 tablespoon of Dalda Cooking Oil, sugar, baking powder, eggs, and com flour. Keep aside for at least 2 hours
- In a wok, heat Dalda Cooking Oil on medium heat for 3-5 minutes. Fry the beef fillets until golden and remove from wok
- In the same wox, sauté ginger for 1-2 minutes, Add stock, salt, white pepper, black pepper, vinegar and saya sauce and mix well
- Add the beef fillets and cook until you have the desired consistency

Presentation:

Dish out, gamish and serve with fried rice or bailed rice.

Tio:

For this recipe, use under cut beef so it tenderises with ease.





Shahi Razala

Ingredients:

Meat	1 kg
Soli	as per taste
Ginger Garlic Paste	2 tbsp.
Onions (finely sliced)	2 medium
Yogurt	2 cups
Cloves	6-8
Small Cardamon	6-8
White Pepper Powder	1 fbsp.
Coconut Powder	4 fbsp.
Green Chillies	4-6
Kewra Essence	a few drops
Dalda Cooking Oil	1 cup

Garnish:

Green Chillies (chopped) Fresh Cariander (chopped) Almand Slivers Small Cardamom

Method:

- Put meat with cloves and catdomom in a pot. Cover and cook the meat on low heat till water in the mean dries.
- In the meantime, blend onions with green children and occount to make a thick paste and keep aside
- In a separate pot, slightly heat Dalda Cooking Cit on meaturn heat for 2–3 minutes. Add ginger garlic and the onion paste and stir well until cit separates
- Add the meat to the onion paste and mix well. Mix salt and white pepper in yogurt and pour it over the meat. Do not stir
- Add kewra essence, cover and simmer on low heat for 8–10 minutes.

Presentation:

Garnish and serve hat with noan.

Tip:

Be careful while using kewra essence, because an excess quantity gives a bitter taste.



Handy Hint

When grinding sticky fruits like raisles for puddings and cakes, add a little lemon juler as it adds flavour and also makes it easier to dean the grindes.





ingrediens.	
Beel Steaks	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Raw Onion (minced)	1/2 cup
Brown Onion	% cop
Red Chilli Powder	2 tbsp.
Garam Masala Powder	2 rbsp
Roasted Gram	2 lbsp.
Poppy Seeds	2 tbsp.
Raw Papaya (ground)	2 tbsp.
Yogurt	1/2 CUP
Mustard Oil	4-6 rbsp.
Dalda Cooking Oil	4-6 rbsp.

Method:

- Grind roasted gram with poppy seeds into a fine powder
- Marinate beef steaks with salt, ginger garlic paste, row and brown onions, red chilli powder, garam masala, ground roasted gram and poppy seeds, papaya, yogurt and mustard ail. Keep aside for 2-3 hours
- Pierce the marinated kebabs on skewers and barbeque them over red hot coals
- Dip a muslin cloth in Dalda Coaking
 Oil and glaze the kebobs from time
 to time. Roast until the kebabs brown

Presentation:

Serve hot with salad, raita and parathas.

Tip:

Instead of raw papaya, ripe papaya can also be used.





To keep choose fresh, min half a cup of water with a fine drops of vanegar. Dip a chan cloth in the water and ways the choses in the cloth.





Lamb Chops Masala 50

Ingredients: Solt

Lamb Choos 1 kg [10-12 pieces] Ginger Gaulic Paste 1 losp. as per taste Onion (finely sliced) 1 medium 4 medium Tomotoes Ifinely sliced! Yequil 1/4 CUD Red Chillies (crushed) 1 tosp. Whole Coriander Iground 1 lesp. Cumin Seeds (ground) I isp. Turmeric Powder k isp. Whole Garam Masala lesp.

Garnish:

Big Cardamom

Small Cardamem

Dalda VTF Banaspati

Green Chillies (chopped) 3-4 Fresh Cariander (chapped) 1/4 bunch Ginger (julienne) I inch piece

4 - 5

% cup

Method:

- Grind whole garam masala with big and small cardamom seeds. Add saft, ginger garlic paste, red chilli, coriander, cumin, turmeric and vogurt and mix well
- Maringle chops with the yogurt paste. and refrigerate for 20-25 minutes.
- In a pot, cook the chops on high. hear with 1 aup water for 2-3 minutes. Then lower the heat and cook until chops are fully tender.
- In a separate pot, heat Dolda VIF. Banaspati on medium heat for 3-4. minutes. Add on:ons and fry till golden. Add the chops with tomotoes and stir well until banaspati separates.

Presentation:

Garnish and serve hot with chappati or boiled rice.

lightly hammer the chops before cooking to tenderise quickly.









Meat	1 kg
Rice	1 kg
Ginger Garlic Paste	2 rbsp.
Salt	as per taste
Onions (finely sliced)	6 medium
Green Chillies (chopped)	12-15
Fresh Corionder (chopped)	1 bunch
Mint Leaves (chopped)	1/2 bunch
Black Pepper (freshly ground	I) Ibsp.
Whole Garam Masala	2 tbsp.
Yogurt (whipped)	2 cups
Yellow Food Color	a pinch
Milk	1/2 cup
Kewra Essence	a few drops
Dalda VTF Banaspati	1 cup

For Salad:

Onion Rings Tomologs Fresh Corionder Lemon Wedges

Method:

- Boil meat in a pot with ginger garlic paste, onions, green chillies, fresh cariander, mint leaves and one cup of water. Cook on low heat until the meat is fully tender
- Season yagurt with salt and pepper. Remove the meat from the stove. add yagurt and Dalda YTF Banaspati and keep aside
- Parboil rice with whole agram masala. and drain the water
- · Layer the meat in a large pot and cover with rice
- Mix kewra essence and food color. in milk and sprinkle it on the rice. Cover the pot and simmer on a hot griddle on low heat for 15-20 minules

Presentation:

Mix well, dish out and serve with salad and raita.

Tip:

For an enhanced flavour, add a few mint leaves and ginger julienne while boiling rice.



a few minutes, spray again and then wash.







Meat	1 kg
Solt	as per ros
Ginger Garlic Paste	2 fbsp.
Brown Onlon	/y cup
Red Chilli Powder	2 fbsp.
Turmeric Powder	1 tsp.
Yogurt	1 cup
Bay Leaves	1-2
8 g Cardamom	1-2
Turnip	$\frac{1}{2}$ kg
Carrot	½ kg
Dalda Cooking Oil	% cup

Garnish:

Ginger (julienne)	I tosp.
Fresh Cariander (chapped)	

Method:

- In a pot, slightly heat Dalda Cooking Oil on medium heat for 2-3 minutes.
 Add bay leaves, big cardamom and ginger garlic paste and lightly stir for 1-2 minutes
- Add meet and stir well until oil separates. Add salt, red chilli, turmeria, onion and yogurt. Mix well
- Cut turnips and carrots into big pieces.
 Cook them in a pot of boiling water for 3-4 minutes and then refresh with cold water.
- Add the vegetables to the meat and mix well. Add 4-6 cups of water and seal the pot with the help of dough
- Cook the pot on low heat overnight or for 4-6 hours. Open the seal and dish out

Presentation:

Garnish and serve her with noon.

Tip:

For special accasions, koftas can also be added. Ta make koftas add 1 onlan, 1 ibsp ginger garlic paste, 2–3 green chilles, 2–3 fbsp roasted gram, 1 bread slice and soft to taste in ½ kg mincemeat. Grind well and make medium sized bolls. Refrigerate for 15–20 minutes. Add the koftas to the pot after opening the seal. Cook for 15–20 minutes on medium hear and remove from stone.

Hondy Hus

If earry becomes too salty, make cuts in a medium stead action and add it to half by curry with half cup water. Summer on love host for a few minutes and then discard the onlow.





kg Mincemeal Ginger Garlic Paste 2 tbso. 2 medium Onions (finely sliced) as per laste Salt Red Chilli Powder 2 lbsp. Cumin Seeds. lisp. Whole Coriander l fosp. Garam Masala Povvder 2 Hosp. Raw Papaya 2 tasp. % cup Yegurt Dalda Cooking Oil // cup

Gamish:

Onion Rings Lemon Wedges

Method:

- Grind mincemeat with ginger garlic paste, salt, onions, red chilli, cumin, corlander, garam masala and papaya
- Refrigerate it for 2–3 hours and then add 2 tablespoons of Daldar Cooking Oil and yagurt. Knead well
- Moke equal sized round kebabs and put them on skewers. Barbeque the kebabs on hot coals or a grill.
 While the kebabs are roosting, glaze them with a muslin cloth or a lissue paper dipped in Dalda Cooking Oil

Presentation:

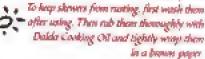
Garnish and serve with raita.

To make raita, whilp 1 cup yagurt with a pinch of sail, ½ teaspoon sugar, ¼ teaspoon freshly ground black pepper and ½ teaspoon roasted and ground ournin seeds

Tip:

Instead of barbecuing, the kebabs can also be cooked in a nonstick pan with a little Dalda Cooking Oil. When the kebabs are cooked, heat a piece of charcoal on a stove flame until red har and put it in the centre of the frying pan. Pour a little Dalda Cooking Oil on the cool, cover immediately and keep aside for 5–7 minutes to smoke the kebabs.

Handy Him







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m

Garnish:

Ginger (julienne) Fresh Coriander (chapped) Green Chillies (chopped) Lemon Wedges

*Note:.

Pipli is one of the hot spices, which is round in shape and dark gray in color.

Method:

faste.

- Boil beef, bones and bone marrow with 1 anion and black pepper coms in 10-12 cups of water for 4-6 hours
- Finely grind anisoeds, big cardamom seeds, pipil and ginger powder together and keep aside
- In a separate por, heat Dalda Cooking. Oil on medium heat for 3-4 minutes and fry the remaining 2 onions till golden. Add garlic paste and souté for 1-2 minutes. Then add flour and cook until fragrant
- Mix salt, red chilli powder, corionder. curnin and ground spices in yogurt and pour it in the pat. Stir until oil separates. Then add the meat pieces and stir well for 4-5 minutes
- Strain the boof stock, pour It in the par and simmer for 20-30 minutes so the meat tenderises well. Sprinkle citric acid, cook for 3-4 minutes and remove from slove

Presentation:

Gamish and serve hot with noan.

Tip:

To make chicken niharl, follow the same recipe. However, when making stock. cook it for 30 minutes to 1 hour with only half the quantity of water.

Handy Hant

For cracked heets in winters, rate 4 thepelectric with a lemon's jude and f traspers. alum (pluthori); rub on heris at bed sime





u.Auchicuis.	
Medi	1º kg
Solt	as per taste
Ginger Garlic Passe	2 top.
Onlons (linely chopped)	3 medium
Yogun (whipped)	Toup
Tomotoes (cubed)	3 medium
Red Chilli Powder	1 tbsp.
Whole Coriander	1 ibsp.
Cumin Seeds	1 tbsp.
Aniseed	1 tbsp.
Mustard Seeds	1 tsp.
Nigella Seeds	1 tsp.
Fenugreek Seeds	V_2 isp.
Dalda Cookina Oil	14 CVD

Garnish:

Green Chillies	3-4
Fresh Corionder (chopped)	1/2 bunch

Method:

- In a pat, heat Daida Cooking Cook
- Add ginger garlic, meat, red than and yaguit and mix well. Cover and cook until ail separates
- Coarsely gand whole contander cumin, aniseed, mustard seeds nigella seeds and lenugreek and add to the mear with salt and tomatoes. Mix well
- Garnish and cook until the water at the tomatoes dries completely and the meal is lender

Presentation:

Serve with chappati or baredince

Tip:

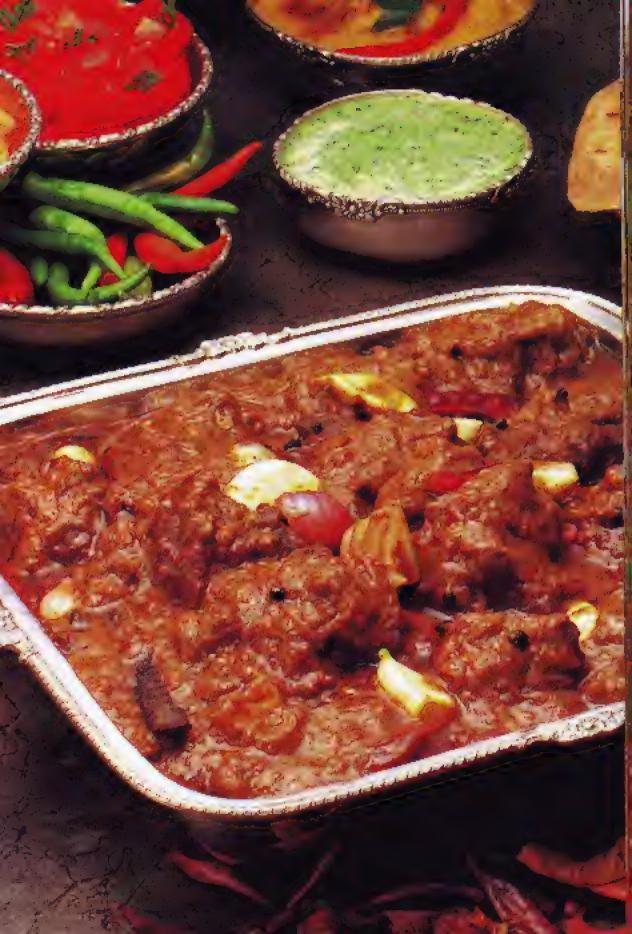
For an enhanced flavour, ground spices may also be stuffed in green chillies.



Handy Hint

To remove any impleasant adour from the refrigerator, place a small bond with baking soda in the middle shelf. Refresh the bond curv is done





Muttan or Lamb 1 kg Salt os per taste Garlic Cloves (crushed) 8-10 Ginger (julienne) 1-2 lbso. 1 % kg Onion (chooced) Whole Coriander I tosp. Cumin Seeds 1 tbsp. Whole Red Chillies 10 - 121-2 Bay Leaves 1-2 inch plece Cinnamon Black Pepper Coms 6-8 3-4 Big Cardamom 1 606 Yoguri Dalda Cooking Oil 先 dup

Method:

- Marinate the meat with salt, ginger, garlic, onlors, coriander, cumin, red chillies, bay leaves, cinnamon, black pepper, cardamom, yagurt and 3-4 tablespoons of Dalda Cooking Oil
- Cook the meat in a pot on high heat for 5–7 minutes. Then lower the heat and cook until the meat is fully tender
- Add the remaining Dalda Cooking Oil and stir well until ail separates
- Simmer on low hear for 3–4 minutes and remove from stove

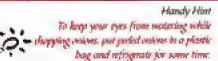
Presentation:

Serve hat with noon.

Tip:

For an enhanced flavour, marinate the meat for 1-2 hours before cooking.







Mincemeat Chutney

Ingredients:

ingreateria.	
Mincemeat	1 kg
Salt	as per taste
Ginger Garlic Paste	2 tbsp.
Onion (finely sliced)	medium
Red Chilli Powder	lbsp.
Turmeric Powder	1 tsp.
Cumin Seeds	1 tbsp.
Coconut Powder	4 tbsp.
Tamarind Pulp	2 cups
Fresh Corionder (chopped)	1 bunch
Mint Leaves (chopped)	1 bunch
Green Chillies (chopped)	6-8
Dolda Cooking Oil	1 cup

Method:

- In a pot, heat Dalda Coaking Oil on medium heat for 3-4 minutes and stir-fry the onions till golden.
 Add ginger garlic and sauté for 1-2 minutes
- Add mincemeat, salt, red chilli and turmeric and mix well. Cook on low heat until water from the mincemeal dries
- Add cumin, occonut, fresh coriander, mint and green chillies and mix well.
 Then add tamarind and cook on low heat until oil separates

Presentation:

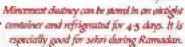
Mincemeat Chutney can be served with parathas as a main course or with doal and rice as a side dish.

Tip:

This dish can also be made with chicken mince.











1 kg
2 fbsp.
as per laste
2 medium
2 tbsp.
Ì tsρ.
1 cup
libsp.
1-2
I iso.
% CLP
% cup

Garnish:

Ginger (julienne)

Method:

- Dissolve wheat flour in a cup of water to make a thick paste
- In a pot, heat Dalda VTF Banaspati on medium heat for 3-4 minutes and odd whole garam masola. When it paps, add anions and stirfty till golden
- Add ginger garlic paste and sauté for 1-2 minutes. Then add meat and sfir well until banaspati separates
- Mix yogurl with soit, red chilli, turmeric, cardomorn and caraway seeds and pour it on the meat. Add the flour paste and mix well
- Add 4-6 cups of water, cover and simmer on low heat until the meat is fully tender

Presentation:

Garnish and serve hot with naan,

Tip:

For special occasions, trotters (paye) can also be added for an enhanced POWOIR





To polish furniture at home, mix other oil. temperative oil and spirit in agent quantities. dip a cotton ball or a doth and

wipe the familiar with it.



12 Mutton Kidneys Salt as per taste Ginger Garlic Paste I tosp. Red Chillies [crushed] tsp. Black Pepper (freshly ground) 1/2 tsp. Fresh Coriander (chapped) 1 bunch Green Chillies (chopped) Lemon luice 2 tbsp. Dalda Cooking Oil % cup

Method:

- Boil 6–8 cups of water in a pot.
 Cut the kidneys in half and add them to the pot. Drain the water when it cames to a boil
- In a separate pot, heat Dalda Cooking Oil on medium heat for 3-4 minutes. Add ginger garlic paste, kidneys and salt and mix well
- Cover and cook until water in the kidneys dries. Then add red chilli, black pepper, fresh corlander and green chillies and stir well until oil separates

Presentation:

Dish out, sprinkle lemon juice and serve with parathas.

Tip:

While boiling kidneys, add 3-4 unpeeled garlic cloves to avoid any unpleasant adour.



Handy Hint

Test un egg before frying by putting it in cold soilty mater. Use the egg if it stoks to the bottom and discard the egg if it floors.



Spoghetti) packet [200 grams] Dalda Cooking Oil 4-6 rbsp.

Coconut Curry:

Coconut Milk 2-3 cups Gram Flour 4 tosp. Solt as per laste Turmeric Powder 1/4 lsp. Lemon Juice 2-3 rbsp. Green Chillies (chopped) 2 - 3

Meat Curry:

Boneless Meat (cubed) 1/2 kg Salt as per laste Ginger Garlic Paste 1 Mosp. Onion (finely sliced) 1 medium Red Chilli Powder l lsp. Cumin Seeds l Isp. 2-3 medium Tomotoes (finely sliced) Dalda Cooking Oil 4-6 lbsp.

Garnish:

Cut samasas wrappers into thin strips and deep fry in Dalda Cooking Oil.

Method:

- Break spagheti in small pieces and boil it in 10-12 cups of water until tender. Drain the water and mix it with 4-6. tablespoons of Dalda Cooking Oil and keep aside
- . To make coconut curry, mix gram flour with occonut milk and add turneric and areen chillies. Cook it on low heat for an hour and remove from stove. Add salt and lemon juice and mb: well
- To make meat curry, heat 4-6 tablespoons. of Dalda Cooking Oil in a work on medium heat for 3-4 minutes. Add onions and stirfry till light golden.
- Add ginger garlic poste and cumin and stir for a minute. Then add tomatoes and red chilli and mix well. Cook until tomataes are tender. Add solt and meat and mix.
- Add 1½ cups of water and cook the meat. until oil separates

Presentation:

Spread the spaghetti in a deep round platter. Add the meat curry in the middle and pour coconut curry on top. Garnish and serve hot.

Tip:

For an enhanced flavour, add tarks on coconut curry with a few curry leaves fried in 2-3 toblespoons of Dalda Cooking Oil.

Handy Hint

For a lighter and crispler cale, add a few O - dieps of lemon juice to the cake batter before baking.





Ingreciens.	
Beef Fillet	1 kg
Ginger Garlic Pasta	2 rbsp.
Sol	os per loste
Raw Onions (ground)	2 medium
Brown Onion	1/2 cab
Red Chilli Powder	1 tbsp.
Cumin Seeds	libsp.
Garem Masola Powder	1 tbsp.
Yogurt	l cup
Raw Papaya (ground)	2 tbsp.
Roasted Gram	4 tbsp.
Pappy Seeds	2 fbsp.
Whole Coriander	1 lbsp.
Charcool	o small piece
Dolda VTF Banaspati	¼ cup

Garnish:

Fresh Conander (chopped) Mint Leaves (chopped) Green Chillies (chopped) Lemon Slices

Method:

- Mix currin seeds with roosted gram, poppy seeds and whole coriance; and grind to a fine powder. Then odd salt ginger garlic poste, raw and brown anion, papaya, red chilli powder. garam masala and yaguri. Mix wel.
- Marriage the boot fillers with the spice mixture and keep as de for 4-6 hours
- Heat charcoal on a stave frame until red hot. Shift the marinated fillers to a pot. Put a fail paper or an orion peol in the middle and place the charcoal on the fail. Pour 1-2 roblespoons of Dalors VTF Banaspari on the charcoal and cover immediately so that the smake does not escape.
- After 15-20 minutes, remove the charcoal and cook the fillets on medium heat for 5-7 minutes. Then lower the flame and cook nil the water in the fillets
 - Add the remaining Dalda VTF Banasports and stir well until banasport separates

Presentation:

Dish out and gamish. Serve hot with parathas.

Tip:

Instead of row papaya, ripe papaya con also be used.

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Handy Hint
Adding a little sale while grinding green drilles
not only helps quicken the process, but also
helps make a fine paste.





Mincemeat	1	kg
Salt	O:	s per laste
Ginger Garlic Poste	1	tbsp.
Cumin Seeds	1	fbsp.
Block Pepper (freshly ground)	1	tsp.
Potatoes (boiled & mashed)	1/3	. kg
Onion (finely sliced)	1	large
Fresh Coriander (chopped)	14	bunch
Green Chillies (chopped)	4	-6
Eggs (beaten)	2	
Bread Crumbs	1	cup
Dalda Cooking Oil	fo	r frying

Method:

- In a pot, boil mincement on medium. heat with ginger garlic paste, cumin seeds, black pepper and onions till water in the mincement dries
- Cool the mincement completely and add mashed potatoes, fresh coriander, salt and green chillies. Mix well. Make cutlets and refrigerate for 10-15 minutes
- Dip the cutlets in beaten eggs, toss them in bread crumbs and refrigerate again for 10-15 minutes
- In a wak or a frying pan, heat Dalda. Cooking Oil on medium heat for 3-5 minutes and fry the outlets till golden brown
- Place the cutters on a kitchen towel. or absorbent paper

Presentation:

Serve hot with salad.

Tip:

For added flavour, potatoes can also be boiled with mincemeat.



Handy Hins

For freshness of skin, boil a few mint leaves in a little water. Chill and drink daily





Losogne	Lpacket (200 grams)
Red Chillies (ground)	1 tbsp.
Chilli Sauce	4 fbsp.
Oregano Powder	1 tsp.
Thyme Powder	I so.
Dalda Cooking Oil	½ cup

Ingredients for Mincemeat:

Mincemed	1 kg
Soli	as per losse
Ginger Garlic Paste	2 lbsp
Onlons (finely sliced)	2 medium
Black Pepper (ground)	1 lbsp.
White Pepper Powder	1 lsp.
Tomato Poste	2 cups
Vinegor	2 tbsp.
Dalda Cooking Oil	% cup

Ingredients for White Sauce:

Butter or Morgarine	3 Hosp.
Plain Flour (/Maida)	3 tosp.
Milk	3 cups
Cheddar Cheese	200 grams
Salt	lo laste
Sugar	1 tsp.
Chinese Salt	1 tsp.
White Pepper Powder	1 tsp.

Method:

- Boil losagne strips in safed water. Strain when render and refresh under cold water.
- To make the minoemeat, cook all the ingredients with mincemeat until the water in the mincemeat dries and ail separates
- To make the white sauce, melt butter in a pot and add flour. Stir with a wooden spoon for 3-4 minutes. When fragrant add milk a little-at a time, stirring continuously to avaid timps. Remove from heat when thick. Add soft, write pepper, sugar, Chinese salt, and choose. Mix well
- Apply a little Dalda Cooking Oil on a baking dish and put a layer of lasagne strips. Spread some mincemear and white sauce and sprinkle red chilli, chilli sauce, oregano and thyme powder Sprinkle 2-3 tablespoons of Daldo Cooking Oil on top. Repeat the above process wice
- Preneal an oven on 200s for 20 minutes. Bake the lasagne dish for 20-25 minutes, or until golden prown on top

Presentation:

Cut the lasagne into square pieces and serve hot.

Tip:

Dip a knife in warm water before cutting the lasagne.

Handy Hint

The easiest way to divide a cole into layers is by using a piece of thick throad. Hold the throad around the cole and pull it in the apposite direction, the cut will be need and even.





Mincemeat 1 kg
Ginger Garlic Paste 2 tbsp.
Salt as per laste
Black Pepper (heshly ground) 1 tbsp.
Onions (finely chopped) 2 medium
Tomatoes (boiled & blended) 1 kg
Dalda Coaking Oil 1 cup

Garnish:

Green Chillies (chopped) Fresh Coriander (chopped)

Method:

- Add ginger gailic paste, onions, is teaspoon black pepper and salt to mincement and knead well
- Make oblong shaped kebabs and refrigerate for 10–15 minutes
- In a wok or a frying pan, hear Doldo Cocking O'll on medium hear for 3-4 minutes and fry the kebabs till golden
- In a pat, slightly heat Dalda Cooking Oil on medium heat for 3-4 minutes.
 Add tomaloes, salt and ½ teaspoon block pepper and stir for 3-4 minutes.
- Then spread the kebabs in the pot.
 Simmer on low heat for 5–7 minutes and remove from stove

Presentation:

Garnish and serve hot with roghni naan or bailed rice.

Tip:

Lightly boil and peel the tomatoes and then blend them to make a fine paste.

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Handy Hint Wash the veganibles before conting or dropping to preserve their nutriness.





Mutton Leg Roast

:borteM

- middle and make deep cuts Crack the mutton leg bone from the
- baing ment bara cumin and coconut on a gradile · Roost red chillies with corionder,
- the flame and cook for 25-30 heat for 5-7 minutes. Then lower leg in the pot and cook on medium 3-4 minutes. Place the marinated Cooking Oll on medium heat for In a large pot, slightly heat Dalac study delta the log for 4-4 hours bno andxim zirli drw galmottum yegun and mix well. Marinote the was as sepids brucing bring sleeping Add salt, ginger garlic paste, gorom Mix onion with yogun and grind.
- to another 30 minutes on low heat the help of two spoons and cook - Turn the leg on the other side with segnujum

regatables. Serve with French broad and bailed Presentation:

hendenise the leg hither. of log erill of water to squo S bbA (dil

> Doldo Cooking Oil dno % MOGUM | Crib Garam Masala Powder .qadii S Coconul Powder ded A Whole Condador GSQL Z Cumin Seeds rosqi j 71-01 WYNO'S Red Chillies J \ Z cob Brown Onion Ginger Garlic Paste 'dsqi Z etablitad so nothulfy to get By 3/1 :stredients:

MARKET APPROPRIES

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Malai Kebab

Ingredients:

Mincemeat	1 kg
Ginger Garlic Paste	1 thsp.
Solt	as per tast
Red Chilli Powder	1 fbsp.
Garam Masala Powder	1½ ibsp.
Raw Papaya (ground) .	2 rbsp.
Fresh Cariander (chopped)	$\frac{1}{2}$ bunch
Mint Leaves (chopped)	1/2 bunch
Green Chillies (chopped)	6-8
Bread Slices	4
Eggs	2
Fresh Cream	1/2 cup
Dalda Cooking Oil	for frying

Garnish:

Onion Rings

Method:

- Soak bread slices in 1 cup milk for 10–12 minutes. Drain the milk by pressing each slice firmly with a wooden spoon
- Knead mincemeat with bread slices, ginger garlic paste, salt, red chilli powder, garam masala, papaya, fresh coriander, mint leaves and green chillies
- Add fresh cream to the mincement and mix well. Make oblong shaped kebabs on wooden skewers and refrigerate for some time
- In a wak, heat Dalda Coaking Oil on medium heat for 3-5 minutes
 Dip the kebabs in beaten eggs and fry till golden

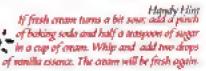
Presentation:

Arrange in a platter, garnish and serve with ketchup.

Tip:

The kebabs can be grilled in an oven or barbequed without being dipped in eggs. Just glaze them with a little Dolda Cooking Oil from time to time.







Ingreatents:	
Prawns (washed & develned)	1 kg
Cottage Cheese (cubed)	200 grams
Garlic Paste	2 tbsp.
Salt	as per taste
Onions (finely sliced)	2 medium
Tomatoes [chopped]	5-6 medium
Big Green Chillies**	3-4
Bay Leaves	2
Red Chilli Powder	1 tosp.
Turmeric Powder	¼ tsp.
Cumin Seeds	1 tsp.
Garam Masala Powder	1 rbsp.
Dry Fenugreek	1 #sp.
Black Pepper (Ireshly ground)	⅓ sp.
Dalda Cooking Oil	V- COD

Gamish:

Fresh Coriander [chapped]	1/2 bunch
Ginger (julienne)	2 tbsp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 3-5 minutes.
 Add bay leaves and sauté onions till soft
- Add garlic and stirfry for a minute.
 Then add tomotoes and stir for 2–3 minutes
- Add salt, red chilli powder, cumin and turmeric and mix well. Cook until the tomatoes are half tender
- Add prawns and mix well. Cover and coak on medium heat till water in the prowns dries
- Add cottage cheese, green chillies, garam masala, fenugreek and black pepper. Simmer on low heat for 5–7 minutes

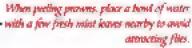
Presentation:

Garnish and serve hot with naan.

Tip:

To keep cheese cubes firm during cooking, stir-fry them for 2–3 minutes and then keep them in cold water for 3–4 minutes.

Handy Hint







Coconut Fish Curry

Ingredients:

Fish Fillet (boneless) Ginger Garlic Paste Solit Onion (finely sliced) Tomatoes (chopped) Red Chilli Powder Turmeric Powder Coriander Powder · · Cumin Seeds Fenugreek Seeds Coconut Milk* Mustard Seeds Dalda Cooking Oil

1 kg toso. as per laste 1 medium 2 medium 1 tbsp. l Isp. I fosp. l Isp. % tsp. 1 1/2 cup 1/4 lsp. 4 ibsp.

Garnish:

Green Chillies (chapped) Fresh Corionder (chopped)

Method:

- In a pot, slightly heat Dalda Cooking. Oil on low heat for 3-4 minutes. Add fenuareek and mustard seeds. When they pop, add onions and sauté until slightly soft
- Add ginger garlic paste, salt, red. chilli powder, turmeric, coriander powder, cumin and tomatoes, Stir. well until oil separates.
- Add fish fillets and lightly shake the pot with pot holders. This will preserve the shape of the fillets and also coat them with the spices
- Add coconut milk and bring to a boil for 2-3 minutes on high heat. Then cover and simmer on low heat for 5-7 minutes.

Presentation:

Dish out, garnish and serve with boiled rice.

*Tip:

To make occonut milk, odd 1/3 cup. cold water in 1 cup desiccated or fresh coconul and blend for 1-2. minutes.

> Handy Hint To keep the fish from sticking to the part

> > onlars or others.

while baking, lay it on a bad of galans, spring





Provins	1 kg
Rice (woshed & soaked)	i kg
\$a/I	as per taste
Ginger Garlic Poste	1 thsp.
Onions (finely sliced)	2 medium
Tomotoes (finely sliced)	3 medium
Red Chilli Powder	I ibsp.
Coriander Powder	1 tbsp.
Turmeric Powder	l tsp.
Fenugreek Seeds	a few
Mustard Seeds	1/2 tsp.
Dalda Cooking Oil	⅓ cup

Garnish:

Spring Onion (chopped)

Method:

- Pael and wash the prawns thoroughly
- In a pot, slightly heat Dolda Cooking.
 Oil on medium heat for 2-3 minutes.
 Add fenugreek and mustard seeds and stirftry for a minute. Add onlines and fry till golden brown.
- Add ginger garlic paste and prowns and cook until oil separates
- Add selt, red chilli powder, corionder powder, turmeric and tomatoes. Miniwell. Add rice with 4 cups of water cover and cook on medium hear until the water dries.
- When the water has nearly dried up, put the pot on a hot guidale cover and simmer on low heat for 5–10 minutes

Presentation:

Dish out, garnish and serve hot.

Tip;

Refrigerating the prawns for some time makes them easier to peel.

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Hamale Hint







70 Green Spice Fish

Dalda Cookbook Gold Edition

Ingredients:

to the state of th	
Whole Fish	1 ½ kg
Salt	as per lash
Garlia -	4-6 cloves
Tomatoes	2 medium
Garam Masala Powder	1 tsp.
Vinegar	3 tlosp.
Fresh Coconut (ground)	4 flosp.
Curry leaves	5-6
Green Chillies	8-10
Fresh Coriander	2 bunches
Lemon Juice	4-6 tbsp.
Dalda Cooking Oil	for frying

Method:

- Wash fish with a mixture of water, salt and 1 tablespoon of vinegar. Marinate it with 2-3 tablespoons of lemon juice, cover and refrigerate for an hour. In the meantime, prepare the green spice mixture.
- Blend the tomatoes with garlic, coconut green chillies and fresh corrander. Add salt and garam masala powder and mix well
- In a pat, heat 1 thisp Dalda Cooking Oil on medium heat for 2 minutes. Add the blended spices and stir well until oil separates. Remove from heat and add the remaining lemon juice. The green spice mixture is ready.
- In a wolk, heat Dalda Cooking Oil on medium heat for 3-4 minutes. Deep fry the marinated fish till light golden
- In a pot or wok, add 1~2 tbsp Dalda Cooking Oil and place the fish in it.
 Spread the green spice mixture on the fish
- Add curry leaves and simmer the fish on low heat for 4-5 minutes. Sprinkle lemon juice in the end

Presentation:

Carefully place the fish on a fish-shaped dish and serve hot.

Tip:

Instead of fresh occornit, dry occornit can also be used after sooking it in water for 10–15 minutes

Handy Hint



If a chewing gum sticks to a surface renove by rubbing it with an ice cube.





1 kg
as per taste
libsp.
3 medium
1 ibsp.
l Np.
¾ cup

Garnish:

Green Chillies (chopped)	4-6
Fresh Corionder (chopped)	1/2 bunch

Method:

- Wash and soak the prawns for half an hour.
- In a pot, slightly heat Dalda Cooking.
 Oil on medium heat for 2-3 minutes.
 Fry the prawns for 3-4 minutes and remove.
- In the same pot, fry the onions till golden. Then add ginger garlic paste, salt; red chill; powder and turneric. Add a little water and stirwell until oil separates
- Add the fried prawns and mix well.
 Cover and simmer on low heat for 8-10 minutes

Presentation:

Dish out, garnish and serve hot.

Tip:

Before washing prowns, rub them with a kitchen towel to remove any dirt.



Handy Hist To avoid the supleasant small of fish during working, light a conde near the store.





Ingredients for Fish:

and the second of the second o	
Fish Fillets	1 kg
Salt	as per taste
Garlic Paste	1 fbsp.
White Pepper Powder	1 ibsp.
Soya Sauce	2 tbsp.

Ingredients for Botter:

CONTRACTOR DESIGNATION.	
Plain Flour (Ma.da)	1 cup
Corn Flour	/, cup
Egg VVhites	2
Salt	as per taste
White Pepper Powder	√ ₂ 15p.
Chilled Water	as required
Dalda Cooking Oil	for frying

Ingredients For Source:

malenent of cores	F 4
Tomato Paste	1 cup
Tomata Ketchup	1 cup
Fish Stock	2 cups
Vinegar	2 tbsp
Saya Sauce	2 tbsp.
Salt	as per laste
White Pepper Powder	ì lsp.
Corn Flour	2 -3 tbsp.
Dalda Cooking Oil	4 tbsp.

Garnish:

Spring Onion (chopped)

Method for Fish:

 Marinate fish filles with all the fish. ingredients and refrigerate for 15-20 Minutes.

Method for Botter:

- Mix all the batter ingredients (except Dalda Cooking Oil) and make a thick poste with chilled water. Orp the fish fillets in the butter and refrigerare for 10 minutes
- In a wak, hear Dalda Coaking Oil on medium hoot for 3-4 minutes and fry the fillets till golden.

Method for Sauce:

- To make the lish stock, bail /s kg large. fish bones in a par with 5-8 cups of water until only two cups of stock remain. To avoid hook, add one small whole peered on on, 2-4 black peoper. coms and a pay leaf when it comes to a boil
- in a pot, add all the sauce ingredients. (except com flour) with Daldg Cooking Oil and cook on medium heat for 5-2
- Add fried fillets and cook for 2-3. minutes. Dilute aranifour in a little water and pour it slowly, stirring continuously
- Cook for another 2-3 minutes and aish.

Presentation:

Garnish and serve hat with bailed rice.

Instead of boneless fish filluts, small cubes can also be used.

Educate Edical



When grating chiese, apply a small amount of Dalda Cooking Oil on the genter. The last hit of cheese will be copies to grate and will not stick to the grater





Crispy Fish Fillet With Tartar Souce

Ingredients:

No tella distriction const	
Boneless Fish Fillet	1 kg
(cleaned & washed)	
Salt	as per faste
Garlic Paste	1 tbsp.
White Pepper Powder	1 tbsp.
Mustard Paste	1 lsp.
Vinegar	4 tbsp.
Eggs [beaten]	2
Bread Crumbs	as required
Seasoned Flour*	2 cups
Dalda Cooking Oil	for frying

Tartar Sauce:

141141 040001	
Mayonnaise	1 cup
Salt	as per laste
Porsley (chopped)	4 tbsp.
Onion (finely chopped)	1 medium
Tomotoes (finely chooped)	2 medium
Cucumber (finely chopped)	1 medium
Carrot (finely chopped)	1 small
Black Olives (chopped)	4-6
Green Clives (chopped)	4-6
Sugar	1 rbsp.
Vinegai	4-6 lbsp.

Method:

- Marinote fish filless with soll, white peoper, carlic, mustard and vinegar. Refrigerate for half an nour
- Roll the lish in seasoned flour so that a thick lover of flour stays on. Dip the fillets in egg and then coat with bread crumbs. Retrigerate again for 10-15 minutes
- In a frying pan, heat Dalda Cooking Olion medium heat for 3-5 minutes. and fry the fish fillers till golden.

Method for Tartar Sauce:

 Add all the ingredients one by one. and mix well to make a smooth poster

Presentation:

Serve fish fillets with tartar sauce and french fries.

*Tip 1:

Seasoned flour is normally used to coal something that needs to be fried. To make seasoned flour, sift 1 cup flour and mix with salt as per taste and 1/2 tsp black pepper powder.

Tip 2:

To make delicious French Fries, boil fries in boiling water for 3 minutes and refresh with cold water. Sprinkle seasoned flour and deep fry in Dalda Cooking Oil.

Handy Hint

To get rid of ants, mix salt and turneric ponder in equal quantities and sprinkle is in the corners of walls.







Prayms (large size)	1 kg
Salt	as per taste
Garlic Paste	1 Np.
White Pepper (crushed)	l tsp.
Dalda Cooking Oil	for frying

For the Batter:

The state of the s	
Plain Flour (Maida)	l cup
Com Flour	∜ ₄ cup
Egg	1
Soda Water (chilled)	as required

Method:

- Shell and devein the prawns. Leave the tails on for presentation
- Make 3 slant cuts in each prown to keep from shrinking. Marinate them with salt, garlic and white pepper and refrigerate for 30 minutes
- To make the batter, sift both flours together in a bowl. Add egg and sada water to make a thick paste and refrigerate for 10-15 minutes
 - In a wek or a frying pan, heat Dalda Cooking Oil on medium heat for 3–5 minutes. Dip each prown in
 - the batter and deep fry until golden brown or till the prawns are cooked thoroughly

It is best to fry the prowns in batches

fully

Presentation:

to allow the batter to rise

Place the prawns on a tissue of absorbent paper and serve with stir fried vegetables.

Tip:

The batter used in this recipe can also be used to fry fish and assorted vegetables.

Handy Hi



Present and shortening from sticking to a destrict or egg heater by minering the barin hot water before usin





Boneless Fish Fillet	1 kg
Salt	as per taste
Thai Curry Poste*	4 lbsp.
Spring Onions (chopped)	3-4
Fresh Coriander (chopped)	1/4 bunch
Red Chillies (crushed)	1 tbsp.
Rice Flour or Com Flour	½ cup
Eggs (beaten)	2
Dalda Cooking Oil	for frying

Gamish:

Parsley (chopped)

Method:

- Mix fish fillets with salt, curry paste. spring onion, fresh coriander and red chillies and grind in a food processór
- Mix well and refrigerate for 10-15 minutes.
- Add flour and eggs in the fish and mix well. Make cutlets and refrigerate for another 10-15 minutes
- In a wok or a frying pan, heat Dolda Cooking Oil on medium heat for 3-5 minutes and fry the cutlets till golden

Presentation:

Garnish and serve hat.

*Tip:

To make That curry paste at home, mix 3-4 rbsp tomata poste with 1 tsp. mustard paste, 1/2 tsp red chilli powder and 1/2 tsp coriander powder.



Handy Hint To make broad crambs, keep broad slices in g warm own for 10-12 minutes, and and then grind. Preserve in an airtight container.





Bagharay Baigan 76

Ingredients for Brinjal:	
Brinjal Ismail round ones	1 kg
Sah	as per laste
Onion	1 large
Coconut Powder	4 ibsp.
Peanuts	4 fbsp.
Pappy Seeds	2 thisp.
Sesame Seeds	2 fbsp.
Whole Contander	2 tbsp
Cumin Seeds	1 tbsp.
Red Chilli Powder	litsp.
Turmeric Powder	½ tsp.

Ingredients for Gravy:

Raw Onions Iground	2 medium
Ginger Garlic Paste	1 tbsp.
Salt	as per taste
Whole Red Chillies	6-8
Cumin Seeds	1/4 Isp.
Mustard Seeds	1/2 tsp.
Fenugreek Seeds	¼ sp.
Nigella Seeds	/ ₂ lsp.
Curry Leaves	a few
Whole Green Chillies	2-3
Corlander Powder	1 Masp.
Red Chilli Powder	1 ibsp.
Turmeric Powder	1 tsp.
Tomarina Pulp	1 cup
Dalda Cooking Oil	1 cup

Garnish:

Carry Leaves	a few
Green Chillies	3-4

Method for Stinial:

- On a gradele, rocal poonuts with poppy seeds, sesame seeds, coriander and cumin on medium hoot for 3-4 minutes. Pierce the onion onto a fork or knife and roast it over a direct flame for 5-7 minutes until the poel turns black
- Peel the onion and grind it with the roasted sproes, salt, red chill powder. coconut and turmeric to make a passe
 - Wash and dry brinjals and make a prossout at the back for stuffing
 - · Put a pinch of sail in the crossour and stuff the ground paste into each brinjal. lightly close by pressing with both hands and keep aside

Method for Gravy:

- In a par, heat Dalda Cooking Oil on medium heat for 2-3 minutes and add all the whole spices. When they pop, add ground enion and by till slightly golden. Add the remaining spices and stir well, sprinking a little water from
 - When all begins to separate from the spices, add the brinjal and 1/2 cup water, Cover and cook on medium heat for 5-7 minutes. Then add tomosind and simmer on low heat for 5-7 minutes

time to time.

Presentation: Dish out and gamlsh. Serve with boiled rice as a main dish or with dool and rice as a side dish.

Tip:

This dish can be preserved for a week by adding an paditional 1/2, cup of Daide Cooking Oil and retrigulating in an cirright container.

Handy Hin



To clean rust stains from clothes, rub worn lemon price on the stain and large uside to 5 minutes. Wash with detargest pounds on avoid weblin



Bitter Gourd Mincemeat. Salt Ginger Garlic Poste Onion (finely sliced) Red Chilli Powder Coriander Powder Turmeric Powder Cumin Seeds Jaggery Tamarind Puls Dalda Cooking Oil 1/2 cup

1 kg 7, kg as per taste 1 lbsn. 1 medium 1 lbsp. 1 tosp. 1 % Ibsp. 1 15D. 1 tbsp. 4 tbsp.

Method:

- Pael bitter gourgs, cur lengthwise intotwo pieces and deseed. Mannate them. with sait and I tablespoon of turmeric and keep aside for an hour
- In a por, slightly hear 2 tablespoons of Dalca Cooking Oil on medium heat for 2-3 minutes. Golden fry the orions. and then soulé ginger garric paste for a minute.
- Add mincemedit recichel powder. turneric, coriander powder and cumin. Mix well and cook on low heat until water in the mincement dries. Stir well for 3-4 minutes and remove from heat
- Wash bitter gourds thoroughly and pot dry with a cloth. Fill mincement to one half, cover with the other and secure with a thread
- In a frying pan, heat Dalda Cooking. Oil on medium hear for 3-4 minutes and fry the bitter gourds till golden. Spread the remaining minormeat in the pot and arrange bitter gourds on top-
- Add tomorind and jaggery and mix. well. Cover and simmer on low heat for 5-7 minutes

Presentation:

Dish out and serve hot with chappari.

Tip:

Instead of tomoring, 2-3 raw manage slices can also be used.

Harnety Films



To soften jaggery when kept for a long time, heat it is a microwere own for a few seconds or keep it in a plastic bog and soak in warm натит (бат 2-д избащих.





Ingredients for Karhi:

% kg Yeauri Gram flour % cup Salt as per taste Ginger Garlia Paste 1 tbsp. Red Chilli Powder 15D. Turmeric Powder % 1sp. Whole Coriander (ground) 1 (bsp. Onion (finely sliced) 1 medium Green Chillres 3-4 a few Curry Leaves

Ingredients for Dumplings (Pakoras):

Gram Flour 1 cup
Salt as per taste
Baking soda ½ tsp.
Onton (finely sliced) 1 medium
Green Chillies (chopped) 3-4
Daldo Cooking Oil for frying

Ingredients for Fry-Garnish [Tarka]:

Cumin Seeds I tsp.
Fenugreek Seeds ½ tsp.
Garlic 4-6 cloves
Whole Red Chillies 6-8
Curry Leaves a few
Daldo Cooking Oil ½ cup

Method for Karhi:

- Sin gram flour and mix it with yegur. Add red stall powder, conorder, turnenc, ginger gartic paste and 4 cups of water. Mix well Shift to a post and boil on low heat for 10-15 manufes.
- Then add arrion, green critics and cury leaves and for it cook on low heat for an hour. In the meantine, prepare the dumplings and tarka
- When green chilles are tender, add dumplings (gakares) and mix well. Pour the tarks on top
- Season with salt in the end

Method for Dumplings (Pakoras):

- Mix all the ingred ents (except oil) in flour and make a thick paste with some water.
 Cover and keep in a warm place for half an hour
- Heat Dolda Coaking Oil in a work on medium heat for 3-5 minutes. Fry the dumplings in batches, till golden

Method for Tarka:

 Heat Doldo Cooking Oil in a wok on medium heat for 3-5 minutes. Try all the tarka soices and pout if on the kath.

Presentation:

Garnet with fresh contander and serve hat with bolled rice

Tip:

Sour yogurt goes very well with karhi. Il it is not available, add 2 tablespoons of lemonjulce in 1 cup plain yogurt

> Handy Hins To make crispy domplings(pokoras), add on ogg in a caps of gram flore:







-	
Red Lentils (Masoor Daal)	2 cups
Gourd (peeled & cubed)	4 9
Soft	as per taste
Ginger Garlic Paste	I tbsp.
Onions (finely sliced)	2 medium
Tomatoes (quartered)	2 medium
Red Chilli Powder	1 1sp.
Turmeric Powder	/ ₂ tsp.
Tamarina Pulp	1 cup
Curry leaves	a few
Green Chillies	4-6
Cirnamon Powder	4 150.
Daldo Cooking Oil	% cup

Method:

- Wash and then boil lentils in a pot with 2 cups of water and 2 tablespoons of Dalda Cooking Oil
- When tender, mash lentils with a wooden spoon or grind in a food processor. Add turmeric, soft, red chilli powder, ginger garlic paste and 2 cups of water. Mix well
- In a pot, slightly heat Daldo Cooking
 Oil on medium heat for 2-3 minutes
 and ood curry leaves. After a minute,
 add onions and fry till golden
- Add gourd and stir well for 5-7 minutes. Add the ground lentils, mix well and cook on low heat
- When gourd is tender, add green chillies and tamarind pulp.
 Add tomatoes after 10 minutes and sprinkle cinnamon powder
- Cook on low heat for 10-15 minutes and remove from stove

Presentation:

Serve with boiled rice.

Tip:

Soak lentils in warm water for 10–15 minutes to tenderise quickly.

ò;-

Flundy Hint To get rid of Reards, mix tobacco with lime water in equal quantities, put a small amount on pieces of paper and stick them in corners of the wall with switch tage.





0	
Egyptian Lentils (Moosh Doo)	2 cups
Salt	as per taste
Onion [finely sliced]	1 med um
Ginger Garlic Paste	1 lsp.
Red Chi'lli Powder	1 tsp.
Turmeric Powder	$\frac{1}{2}$ tsp.
Milk	1 cup
Cumin Seeds	1 tsp.
Garlic (chooped)	6-8 cloves
Whole Red Chillies	4-6
Dalda Cooking Oil	4-6 lbsp.

Gornish:

Mint Leoves Ginger (julienne) Green Chillies (chopped) Brown Onion

Melhod:

- Wash and then sook lemils in warm water for 20-25 minutes. Add milk and mix well. Shift the lentile to a pot and boil
- Add onion, ginger garlic paste, red chilli powder and termeric and boil until the lentils are tender
- In a frying pan, heat Dalda Cookina Oil on medium heat for 3-4 minutes. Add cumin, chopped garlic and whole red chillies. Stirtly the spices and pour this tarka over lentils
- Season lentils with salt, cover and simmer on low neat for 4-5 minutes. and remove from stove

Presentation:

Garnish and serve hot with chappati.

Tip:

For an enhanced flavour, serve with butter or margarine.



Handy Ident To preserve lentile (doal), put them in plastic bugs and store them in the lower shelf of the

refrigerator.





The second secon	
Ladyfingers	1 kg
Salt	as per taste
Aniseed	1 tbsp.
Whole Corionder	2 tbsp.
Cumin Seeds	1 lbsp.
Whole Red Chillies	6-8
Temarine Pulp	$\frac{1}{2}$ cup
Dalda Cooking Oil	½ cup

Method:

- Wash lodyfingers and make lengthwise slits in them
- On a griddle, slightly roast aniseeds with coriander, cumin and red chillies and then grind. Wix with tamarind pulp and salt
- Stuff the spice mixture into the lodylingers and refrigerate for 10-15 minutes.
- In a wok, heat Dalda Coaking Oil on medium heat for 3-4 minutes.
 First fry the ladyfingers on high heat for 2-3 minutes, then cover and cook on low heat for 5-7 minutes and remove from stove

Presentation:

Serve hot with chappati or paratha.

Tip:

To remove any stickiness from ladyfingers, wash and dry them before cutting.



Handy Flint

To get more jules from electes feales, inferonance them on high heat for 10 - 15 seconds or heep them to hot water for some time.





Dasheen
Sait
Whole Red Chillies
Red Chillies [crushed]
Nigella Seeds
Fenugreek Seeds
Cumin Seeds
Oregano Seeds
Dried Mango
Lemon Juice
Dalda Cooking Oil

1 kg
as per laste
3-4
1 tbsp.
½ tsp.
½ tsp.
1 rsp.
½ tsp.
4-5 slices
4 tbsp.
4-6 tbsp.

Method:

- In a wok, heat Dalda Cooking Oil on medium heat for 3-4 minutes.
 Break whole red chill es into pieces and add them in the wok with cumin and fenugreek seeds. Str for 1-2 minutes.
- Add dasheen, soil, crushed red chillies, rige to and oregano. Mix well and fry for 3-4 minutes
- Cover and cook on low heat for 10–12 minutes. Then add dried mange and leman juice and cook till the dasheen is tender
- Cover and simmer an low heat for 5 minutes and remove from stove

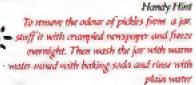
Presentation:

Serve hat with chappoti.

Tip:

Keep peeled dasheen in salted water to avoid stickiness.







White Lentils	2 cup
Spinoch (wash & finely chop)	1 kg
Salt	as per loste
Garlic	8-10 cloves
Onions (finely sliced)	2 medium
Whole Red Chillies	6-B
Cumin Seeds	1 isp.
Green Chillies	3-4
Dalda Cooking Oil	½ cup

Garnish:

Ginger (julienne)	1 tbsp.
Green Chillies (chopped)	3-4
Fresh Creom	¼ cup

Method:

- Wash and soak lentils for half an hour
- In a pot, cook spinach with lentils, green chillies and orions on medium heat until water in the spinach dries completely
- In a wak, hear Dalda Cooking Oil on medium hear for 3-4 minutes.
 Add garlic, gumin and red chillies and fry until red. Pour this tarka on fentils and spinach
- Season with salt, cover and cook on low heat for 5-7 minutes and remove from stove

Presentation:

Gomish and serve hat with chappati.

Tip:

Soak spinach for 15–20 minutes and then wash thoroughly 2–3 times to remove dirt completely. Finely chop the spinoch after washing.

Handy Hint
To raise the map of carpeting after heavy
furnitum has crushed at place one or two ker
cubes on the area.





Fresh Mustard Leaves	1 kg
Salt	as per las
Gorlic	ó cloves
Onion (finely chopped)	1 medium
Whole Red Chill es	6-8
Whole Green Chillies	4
Maize Flour*	1/4 cup
Dalda VTF Banaspati	1 cup

Garnish:

Butter or Margarine	2 tbsp.
Ginger (julienne)	2 stxsp.

Method:

- Wash mustard leaves thoroughly and linely chop them
- In a pot, cook the leaves with salt, garlic, anion, red and green chillies till water from the leaves dries
- Remove from heat and grind when cool
- In the same pat, heat Dalda VIF Banaspati on medium heat for 3-4 minutes. Adal ground song (mustard leaves) and stir well for 5-7 minutes
- Add maize flour and mix well. Cover and cook on low heat for 5 minutes and remove from stove

Presentation:

Garnish and serve hat.

*Tip:

In case maize flour is not available, wheat flour can be used instead. Please note that maize flour is not the same as corn flour.



Handy Hint When bugs gather around light bulbs in the moreton season, place a proid onion near the bulb to deter them.





Polaroes	3 medium
Carrols	2 medium
Cauliflower	1/2 kg
Peas	Loup
Turnips	3-4 medlum
Capsicum	2 medium
Brown Onion	, % oup
Garlic Paste	1 tbsp.
Salt	as per laste
Yogust	2 cups
Red Chilli Powder	¹ fbsp.
Coriander Powder	1 tbsp.
Dalda Cooking Oil	% cab

Garnish:

Giudet Ilmienuci	- 1	IUah
Cumin Seeds		
(roasted & crushed)	1	lsp.
Garam Masala Powder		tsp.

Method:

- Cut potatoes and turnips into fours, cut carrots into medium sized pieces and separate the cauliflower florets
- In a wok, heat Dalda Cooking Oil on medium heat for 3-5 minutes.
 Fry all the vegetables separately except capsicum and remove from wok
- Mix yogurt with salt, red chilli, cariander and brown onion and whip until smooth
- In a pat, slightly hear Dalda Cooking Oil on medium hear for 2-3 minutes and stirfry garlic for 1-2 minutes.
 Add the yagurt and stir well until oil separates
- Add the fried vegetables and capsicum to the pot and mix well.
 Add half cup water
- Garnish and simmer on low heat for 5–7 minutes and remove from slove

Presentation:

Serve hot with naan or boiled rice.

Tip:

To refrigerate vegetables, keep them separately in brown paper bags or wrop them in kitchen roll individually.

Handy Hint







Lockylingers 1 kg four into small pieces os per laste. Salt 2 medium Onions (finely sliced) 8-6 Garlic Cloves 3 medium Tomotoes Ifinely slicedly Whole Red Chillies 6-8 Turmeric Powder i 150. Cumin Seeds 1 150. 1/2 cup Dalda Cooking Oil

Method:

- In a pot, slightly heat Darda Cooxina Oil on medium heat for 2-3 minutes and fry the onions till golden
- Add garlie, comin and red chillies and stir for 1-2 minutes.
- Add ladylingers and fry for 5-7 minutes. Then odd salt and turneric and mix well
- Add tomotoes in the end, cover and simmer on low heat till tomothes are tender

Presentation:

Dish out and serve hot with chapparis.

Tip:

Fry ladylingers on high heat in the beginning to remove any stickiness.



Handy Hint To minute was from a wooden surface, first soften it with a hainleyer and then sale with a paper towel. Clean it with a mixture of water and vinger in the end.





Potato Cutlets

Ingredients:

led*	
Parataes .	1 kg
Salt	as per las
Green Chumey*	Loup
Cheddar Cheese	1/2 cup
White Pepper Powder	l 15p.
Black Pepper Pewder	I tsp.
Suger	I sp.
Chinese Salt	1 tsp.
Bread Slices [crushed]	2
Eggs (beaten)	2
Bread Crumbs	2 cups
Dalda Cooking Oil	for frying

For Green Chutney:

. a. a.a. a.i.a.i.	
Fresh Corionder	1 bunch
Mint Leaves	1/2 bunch
Green Chillies	3-4
lemon Juice	3-4 rbsp.

Method:

- Blend all the charmey ingredients into a fine paste.
- Boil and mash the potatoes. Add salt, cheese, white pepper, black papper, sugar, Chinese solt, bread siices and green chulney. Mix well
- Make cutters and refrigerate for 1.5 minutes.
- Dip the cutlets in beaten eggs, toss them in bread crumps and refrigerate again for 10-15 minutes.
- In a wok or frying pan, heat Dalda Cooking Oil on medium heat for 3-5 minutes and fry the cutters till golden

Presentation:

Serve hat with tomato ketchus.

Tip:

Before making the cutlets, assorted vegetables and boiled eggs can also be added to mashed pototoes.



Francy Him. If the consistency of the mashed potatoes is looser than desired, add crushed bread silves. or broad crumbs





The same of the sa	
Gram Lentils	1% cup
Pempkin (peeled & cubed)	1 oup
Brinjal (aubod)	1 cup
Spinach (chopped)	1 cup
Sol	as per taste
Ginger Garlic Paste	1 Ibsp.
Onion (finely sliced)	1 medium
Tomatoes (cubed).	2 medium
Red Chilli Powder	1 tsp.
Turmeric Powder	1 150.
Ferugreek Seeds	a few
Curry Leaves	a few
Green Chillies	4 6
Dalda Cooking Oil	1/4 cup

Method:

- Sook gram lentils in 2-3 cups of water for an how. Shift the lentils to a pot and boil until tender. While bailing, add 2 tbsp Dalda Cooking Oil
- When lentils are completely tender, mash with a wooden spoon or grand in a lood processor. Add turneric, solt, red chilli, ginger garlic poste and 2 cups of water and cook the lentils on low heat
- In a wok, slightly heat Dakla Cooking.
 Oil an medium heat for 2-3 minutes.
 Add fenugreek and curry leaves and when they pop, add onion and stirtry until golden.
- Add the vegetables one by one. Add the tomatoes in the end and stir well until tomatoes are tender
- Invertial the work ingredients into the lentils pot and mix well. Cook on medium heat until vegetables are tender
- Add green chillies and cook on low heat for 10–15 minutes

Presentation:

Serve hot with boiled rice.

Tip:

For added flavour, boil ½ kg meat separately and add to the vegerables.

Handy Hint

To get rid of Page & codemaches, dry your kitchen completely either by letting to smallets in complying all the cabinets and support them with a hot small. Sprinkle boxes possible in the empty cabinets and line them with boxes pages before explaining terms.





<u> </u>	
Dasheen	1 kg
Salt	Os per faste
Red Chilli Powder	1 lsp.
Cumin Seeds	,
(roasted & ground)	itsp.
Dry Margo Powder	2 tbsp.
Tomarina Pulp	2 tbsp.
Gram Flour	1 cup
Mint Leaves (chopped)	% bunch
Green Chillies (chopped)	3-4
Egg	1
Dalda Cooking Oil	for frying

Method:

- Wash and boil dasheen until tender, then drain the water and peel them
- Place each dasheen in your hand and press firmly with the other to flatten it
- Mix gram floor with salt, red chilli powder, cumin, dry mango powder, tomarind, mint, green chillies and egg. Mix well and form a thick paste by adding a little water
- In a wok, hear Dalda Cooking Oil on medium heat for 4-5 minutes. Dip each dasheen in the paste and fry on low hear
- When the kebabs turn golden, place them on a tissue or absorbent paper

Presentation:

Serve hot with green chutney and tamarind churney on a bed of dasheen eaves.

Tip:

Soak tamorind in warm water to get more pulp.





Basmati Rice (washed & soaked) 1 kg Salt as per taste Cabbage (finely chapped) 1 medium Green Chillies 4-6 Ginger liulienne) I lbsp. Mustard Seeds 1/2 lsp. Nigello Seeds 1/2 1550 Black Pepper (freshly ground) 1 tsp. Mint Leaves (chopped) 1 bunch Dalda Cooking Oil % cup

Garnish:

Brown Onlon Cucumber Slices

Method:

- In a por, slightly heat Daida Cooking. Or on medium heat for 3-4 minutes. Add mustard and nigella seeds and when they pop, and cabbage
- Stirfry the cabbage for 3-4 minutes. add rice and stir well
- Add solt, brack pepper, green chillies. mint and ginger and mix well
- · Add 4 cups of water, mix well and cover and cook on medium heat
- When the water dries, place the pot on a hot griddle, cover and simmer on low heat for 5-7 minutes

Presentation:

Garnish and serve hot.

Tip:

For enhanced flavour, use chicken stock instead of water in the same quantity.

Handy Flint

To clean a dropping bound, rub it with a lemon shot dipped in sait and then wash.





1 kg
as per taste
5-6
a few
4-6
4
/, cup

Garnish:

Fresh Coriander (chopped)

Method:

- In a large frying pan, slightly heat Dalda Cooking Oil on medium heat for 3-4 minutes. Add garlic and stirfry till golden. Add green chillies and curry leaves and stir for a minute.
- Add tomatoes and salt and coak until tomatoes are tender and form a paste
- Carefully break the eggs in the frying pan so that the yolks do not break
- Lower the heat and cook the eggs for 6–8 minutes or until eggs are cooked

Presentation:

Garnish with fresh coriander and serve hat.

Tip:

The tomatoes can also be blended to make a smooth paste.

To clean the blender, retate warm water moved
with detergest provider in the blender and then
want with clean water.





Rice	1 kg
Salt	as per laste
Garlic Paste	l ibsp.
White Pepper Powder	1 tosp.
Green Peas (boiled)	2 cups
Sweet Com	2 cups
Fresh Red Chillies (chopped)	10-12
Dalda Cooking Oil	% сир

Garnish:

Spring Onion (chopped) Baby Corn

Method:

- Boil rice in a large pot with 10–12 cups of boiling water. Drain the water and spread the rice in a large tray. Cover and keep aside for 2–3 hours to dry the moisture completely
- In a pot, slightly heat Dalda Cooking.
 Oil on medium heat for 2-3 minutes.
 Souté garlic paste for 1-2 minutes.
 Add peas and com and stir-fry for 3-4 minutes.
- Add the rice and stir until hat. Add salt, white pepper and red chillies and mix well

Presentation:

Garnish and serve hot with Mexican chicken,

Tip:

Bailed fresh corn can also be used instead of sweet corn. Baby corn cans are easily available in the market.



Handy Hint
Before taking out a basind cale from the pan.

place the pan on a damp tonel to romove the
costs ensity.



mgreenerne,	
Turnips	1 kg
Salt	as per laste
Gram Lentils	1 cup
Garlic	6 cloves
Gisger	I inch piece
Whole Red Chillies	8-10
Whole Cariander	1 tbsp.
Cumin Seeds	I tbsp.
Mint Leaves (chopped)	1 bunch
Fresh Cariander (chopped)	1 bunch
Green Chillies (chopped)	2-3
Onion (finely chopped)	1 small
Bread slices	2
Egg (beaten)	1
Dalda Cooking Oil	for frying

Method:

- Wash, peel and boil turnips until tender. Cool the turnips and mash them with a wooden spoon, draining the water completely
- Boil lentils on low heat with 2 cups of water, ganger, garlic, red chillies, whole corionder and cumin. When the water dries, remove from hear and coal. Grind the mixture in a food processor. Add turnips and solt and mix well
- · Then add epg, bread slices, fresh coriander, mint, green chillies and onion and kneed well
- Make kebabs into the required. shape. In a wak, heat Dalda Cooking Oil on medium heat for 3-5 minutes and fry t a kebabs till golden

Presentation:

Serve hot with tomoto ketchup.

Tip:

Refrigerate the kebobs for 15-20. minutes before frying.

> Flandy Hins In summers, weigh vigetables with a solution of water and vinegar to keep them fresh and







Plain Flour (Maida)

Salt

Dates (seedless)

Sugar

Milk

Dalda VTF Banaspati

1 ½ cups

a pinch
1 cup
2-3 rbsp.

½ cup
for frying

Method:

- Sift flour and add soft with 3-4 tablespoons of Dalda VTF Banaspati
- Boil milk in a small pat. Add sugar and dates and cook an low heat until the dates become soft and mashed. Remove from heat and cool
- Add the date mixture slowly into the flour and knead into a soft dough
- Roll the dough with a rolling pin into a half an inch thick chappati. Cut small puris from the dough with the help of a biscult cutter or any round shaped lid
- In a wok, heat Dolda VTF Banaspari on medium heat for 5-7 minutes and fry the puris golden

Presentation:

Serve hat with coffee or Kashmiri tea.

Tip:

The puris can be stored in an oirtight container for 4-6 days.



Plandy Hust To semont tea status from dother, eab the stain with an ice cube and much with detagent growthe and cold mater.





Condensed Milk | 1 lin/400 grams

Cottage Cheese* ½ kg
Milk Powder 4 thsp.
Small Cardamom (ground) 1 tsp.
Dalda Cooking Oil 2 thsp.

Garnish:

Almond Slivers

Method:

- Crush cottage cheese with a fark and mix well with milk powder. Slowly pour condensed milk and stir well to make a soft paste.
- In a heavy based pot, add 1 tablespoon of Dakta Cooking Oil and the paste.
 Mix well
- Add ground cardamom and cook on medium heat for 8-10 minutes, stirring continously
- Brush 1 tablespoon of Dalda Cooking Oil on a tray and dish out the Kalokand.
 Cool completely before cutting into pleases

Presentation:

Garnish with almond slivers and serve.

*Tip:

Catage cheese can easily be made at home. Heat 1 litre milk in a pot and when it comes to a boil, add 2 tablespoons of leman juice. Boil for 2-3 minutes and remove from heat. Add 1 cup ice cold water and keep aside for 5 minutes. Invert the pot over a flour sifter and drain the water completely by pressing with a wooden spoon. Catage cheese is ready.

Pheeka Khoya may be used as a substitute for cottage cheese.



Handy Hint Clean specialis with a crition ball dipped in perfume or our de cologne to make them shine like new.





n Stantaner	
Semolina	$\frac{1}{2}$ kg
Sugar	$\frac{1}{2}$ kg
Desiccated Coconut	1 cup
Water) cup
Big Cardamom	3
(grind the seeds)	
Dalda VTF Banaspati	1/2 CUP

Garnish:

Almond Slivers
 Pistochio Slivers

Method:

- In a pot, mix sugar with water and cook on medium heat for 10-12 minutes to make a thick syrup
- In a wok, heat ½ cup Dalda VTF Banaspoti on medium heat for 3-4 minutes. Add semalina and stir well on low heat until fragrant
- Stir the semolina on a slightly high heat. While stirring, add coconut, sugar syrup, ground cardamom seeds and the remaining Dalda VTF Banaspati. Stir vigorously for a few more minutes and remove from heat

Presentation:

Brush 1-2 tablespoons of Dalda VTF Banaspati on a tray and dish out the semolina. Cool, cut into pieces, garnish and serve.

Tip:

To check if the sugar syrup is ready, place a drop in between your thumb and finger. If it feels sticky, it is ready.



Handy Hint To protect expensive and important books from smells and alter fish, sprinkle a pinch of white paper powder in between the pages.





Plain Flour (Waida) 2 cups
Eggs 6
Water 2 cups
Dalda Cooking Oil 1 cup

For Filling:

Fresh Cream 1 packes (200 grams) Sugar 4-6 lbsp.

Method:

- In a wak, mix Dalda Cooking Cill with water and bring to a boil on medium heat
- Add flour and stir well with a wooden spoon until the flour is dry
- Remove from heat and cool completely. Add eggs one at a time, beating continuously
- Preheat an oven at 200c for 15-20 minutes. Brush-some Dalda Cooking Oil on a baking tray and drop the batter onto the tray with a tablespoon.
 Bake for 30-35 minutes
- When the puffs turn a light golden color, remove from the oven and cool

Presentation:

Whip chilled cream with sugar. Make a small slit in puffs, fill a tablespoon of cream in each and refrigerate. Serve chilled.

Tip:

Puffs can be made a day or two before being served, but cream should be filled when serving.

Handy Hint

To preserve mangoes, coat mango chunks or stices with sugar and freeze in an abslight container or plassic bag.





ti della manage i con i	
Plain Flour (Maida)	l cup
Eggs	4
Sugar	∜ ₄ cup
Jam (any flavour)	1/4 cup
Peanuts	1/2 cup
Dalda Cooking Oil	1/4 cup

Method:

- Separate the egg whites from the yolks and beat the egg whites until stiff.
- In a separate bowl, beat the equ. yolks with sugar and Dolda Cooking.
- Sift flour and mix it with the yalks, adding a little at a time. Then add the egg whites and beat lightly
- Preheat an oven on 180c for 20. minutes. Brush-1-2 tablespoons of Dalda Cooking Oil on an oven tray and bake the cake batter into a thin sheet
- When the cake turns a light golden color, remove the tray from the overand place the cake on a damp
- Spread a thick layer of jam on the cake and sprinkle coarsely ground peanuts
- Roll up the cake and sprinkle powdered sugar on top for an attractive presentation

Presentation:

Serve as a full log cake or cut slices like jam rolls.

Tip:

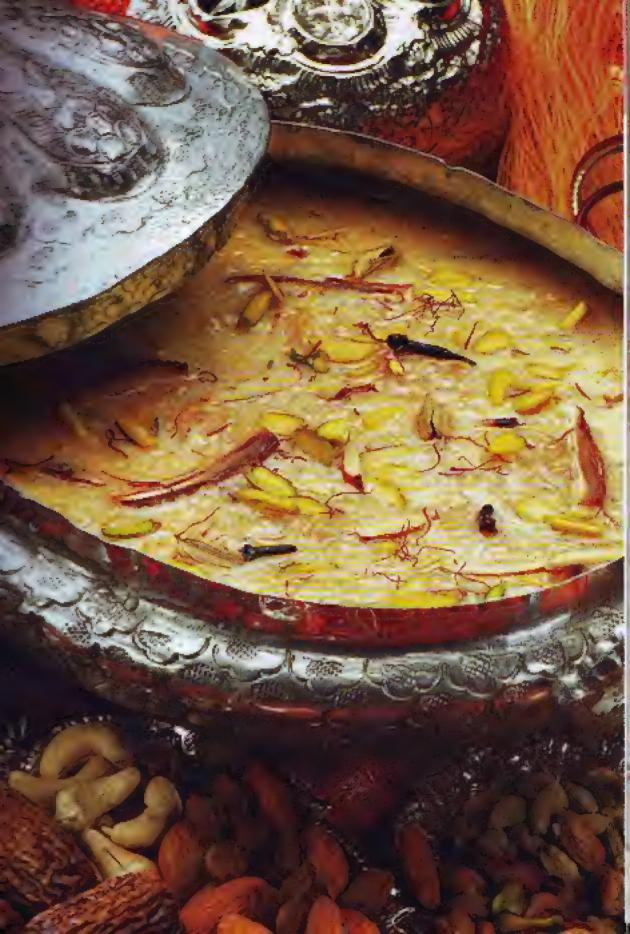
To cut fine slices, roll the cake log in butter paper and refrigerate for some time.

Handy Hint



To easily remove the loner peel of peanuts. shell the pearacts and lightly roast them on a gridelly and then red with both hands.





Vermicelli (small pieces) 1 cup 1 litre Milk Sugar 200 Dried Dates (finely sliced) 6-8 Small Cardamom 4-6 Almonds (sliced) as required Pistochios (sliced) as required Coconut Powder 2-3 tbsp. Dalda Cooking Oil 4-6 tbsp.

Garnish:

Almond Slivers Pistochio Slivers

Method:

- Heat milk in a pot and when it comes to a boil, add sugar and cook on low heat for 10-15 minutes
- Soak dried dates in ½ cup milk for 20 minutes
- In a wak, heat Dalda Cooking Oil on medium heat for 3-4 minutes and add cardamom. When it page, add almonds, pistachios and dried dates and fry till golden
- Add vermicelli, stirfry for 3–4 minutes. and add coconut
- Slowly pour the sweetened milk and stir continuously. Cook on low heat for 5-7 minutes

Presentation:

Dish out, garnish and serve. 1

Tip;

Instead of dried dates, fresh dates can also be used in the same quantity.



Hondy Hint

To brighten mehndi's colour, men it with ground pointgranate perl (amour ha dullar) Before applying wine melands heat a few does on a griddle and lightly strom your hunds



Carrots (grated) 1 kg
Sugar 1 cup
Milk Powder 2 cups
Small Cardamom 3-4
Dalda VTF Banaspati ½ cup

Garnish:

Almond Slivers Pistochio Slivers Walnuts

Method:

- Spread carrots in a frying pan and steam them on medium heat for 5-6 minutes so that the water in the carrots dries
- In a wok, slightly heat Dalda VTF
 Banaspati on medium heat for 2-3
 minutes and add cardamom. When
 it pops, add sugar and stir for 3-4
 minutes. Whien the sugar starts to
 melt, add carrots and stir well until
 water in the sugar dries
- Add milk powder a little at a time and stir well on a slightly high flame until banaspati separates. Remove from heat and spread the halwa on a tray

Presentation:

Garnish and serve hot.

Tip:

For added flavour, sprinkle ½ cup khoya on top and serve.



Handy Hint

When making apple juice, add carnet nifee to preserve the natural goodness of apples and to keep it from changing colour.





3 cups Gram kentils 2 cups Sugar Milk Powder 3 cues 3-4 Small Cordamom 2 cups Dalda VTF Banaspati

Gornish:

Almonds and Pistochios

Method:

- Wash gram lentils and soak them. for 2-3 hours
- In a heavy based pat, boil the gram. lentils with 4 cups of water until the water dries and the lentils are tender. Then grind the lentils on a sill or in a lood processor
- In a wok, heat 1 cup Dalda VTF Banaspati on medium heat for 3-5 minutes and odd cordamom. When it pops, add the ground lentils and stir till fragrant
- Add sugar and mix well. Lower the heat and stir for 10-12 minutes.
- Add milk powder a little at a time and stir well. Add the remaining Dolda VTF Banaspoti from the side while stirring continuously
- Stir well until banaspati separates and spread the halwa on a tray

Presentation:

Gamish and cut into diamond shapes when cool.

Tip:

To lenderise the gram lentils quickly, soak them in hot water for 2 hours.



Handy Hint

To remove permanent marker stoins, rub the stain with a cosson ball dipped in perform and reach when avequietely dry



ADDITIONAL INFORMATION

Weight and Quantity

30 ml	=	1 fl. oz.
125 ml	=	4 ft. oz.
250 ml	a	8 f. oz.
1000 ml	=	L litro
1000 gm	=	1 kg
30 gm	=	1 ounce or 2 rbsp
15 gm	-	I tosp
250 gm	=	8 oz.
455 gm	7	1 Ъ
2.2 lb	=	1 49
Ió oz_	=	1 lb .
6 oz. sugar	-	1 cup
5 ⁴ l. oz. warer	=) ευρ
4 oz. plain flour	=	1 cup
1 cup plain flour	=	125 gm
Loup rice or lentil	=	200 gm
3 tsp	mi .	I Ibsp
2 rbsp	=	1 fl oz,
8 Hosp	=	1 000



List of Ingredients

	_		
Almond	بإدام	Small Cardamom	J. 19 J. 19
Alum	ميتكري	Carrot	26
Aniseed	مونك	Cashew Nut	26
Apricot	خوياتي	Cauliflower	يعول كويحي
Apple	سيب	Chappati	رونی
Asafoetida	بالد	Cheese	B
Ash Gourd	睫囊	Chicken	مرقی
Baby Com	ぜんりレンス	Chick Peas	مقير چے
Banana	N.	Cinnamon	وار پیشی
Baking Powder	130-162-16	Citric Acid	378
Barley	Ř	Clarified Butter	وليحاتمني
Bay Leaf	أتزيت	Clove	الوكك
Beans	يعلمال الوبي	Coconut	ناريل
Boof	21826	Coconut Oil	ناريل كاتيل
Beet Root	المنتشر	Cooking Apple	كهاميب
Betel Nut	المحالية	Corn Cob	أنسين
Bitter Gourd	the star	Crab ···	12
Black Pepper	3013	Cream	يالاقى
Black Gram	Eg HE	Cucumber	مجيرا
Brain	20172	Cumin Seeds	147.20
Brinjal	وأقبق	Custard Apple	47
Bread	وعلى رونى	Curry Leaf	كزي بيته
Bread Crumbs	ۇيىل مەرقى كالبۇرا	Dates	199
Broad Beans	سيم كي ميل	Dasheen	اروي
Butter	تكيين	Dill	<u>L</u> y
Butter Milk	التي	Dough	ممتدعا يوافآ تا
Cabbage	بندكوكي	Dried Apricot	سويحى خويا ئى
Capsicum	شملهمرت	Dried Mango	الميكود
Caraway Seeds	Wille	Dry Ginger	Sec.



Egg	(2)	Lentils / Pulses	واليس
Essence	الموشيو	Lettuce Leaves	ملاد کے کیے
Fenugreek	ميتنى	Liver	كليجي
Fig	Ž1	Mace	جادتري
Fish	ميحيل أ	Com / Maize	^{مم} گ
Flour	444	Maize Flour	17655
Fresh Corlander	مراوضيا	Meat	م المشت
Fresh Mint	4H	Milk	2010
Gartic	نبسن	Millet Flour	17K=24
Ginger	اورک	Mincemeat	~J
Gourd	نوکی	Mixed Hot Spices	محرم نعمالى
Gram Lentil	يين كي وال	Mushroom	متمين
Gram Flour	ينسن	Mustard Seed	رائی
Grapes	انگور	Mutton	كريكا كوشت
Gravy	سالق	Mustard Oil	مرسوق كانتيل
Green Beans	<i>پ</i> هل	Nigella Seed	كالوالق
Green Gram	البت الأنك	Nutmeg	جاكفل
Green Chillies	J3/3/	Oil	تيل
Green Peas	7	Onion	بياز
Guava	امرود	Onion Seeds	كاوالى
Honey	فيد	Olive	الغران
Icing Sugar	ليسي بهوني چيني	Olive Oil	و يتون كا تكل
Jaggery	y. Pr	Oregano Seed	الجائي
Kewrs Essence	مكيوز وويستس	Papaya	G.
Khoya	تحويا	Peanut	موتك كيلل
Kidneys	418	Pineapple	U161
Lady Finger	<i>ب</i> بنڈی	Pistachio	74
Lemon	ليمول	Pickle	اجار
Lemon Rind	ليمول كالخطأكا	Pomegranate	الار





Pomfret	بالجيث مجحل	Tomato	تماا
Poppy Seed	فشفاش	Trotter	<u> </u>
Porridge	وليد	Turmeric	بلدك
Potato	آ او	Turnip	الخاجم
Prawns	بمنظ	Veal	يم علاكت
Plum	1000	Vegetable	سيزى ارتز كارى
Pumpkin	جينمها كدو	Vermicelli	سوچ ليه
Radish	مولى	Vinegar	5,
Raisin	مششش	Walnut	اخروت
Red Chilli	المرق	Water	يق
Red Lentil	الال مسوركي وال	Water Melon	24.7
Rice	مياول	Wheat Flour	اليهول كالآثا
Roasted Gram	22426	Wheat	كيبيول المتعام
Rose Essence	گاب ۲۴ ان	White Lentil	ماش کی دال
Raw Mango	سميري	White Pepper	مغيد حري ا
Saffron	ومقراك	Yeast	12
Sago -	سمأ كووا تد	Yellow Food Color	Likeri
Salt	\$	Yogurt	ويخي
Semolina	سيتي	Egg Yolk	القرم كي زروي
Sesame Seeds	بخل	Zucchini	آ وري
Stock	ليختى		
Spinach	ياثك		
Spring Onion	۾ کي بولا		
Sugar	dī		
Sweet Com	الن علي محقوظ محط		
	212621		
Sweet Potato	الشرقة		
Sugar Syrup	شيره الهاشني		
Tamarind	الحي		



Body Mass Table

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To use the tobia, find the appropriate height in the lath-hand column labeled Height. More across to a given weight (in pounds). The number of the top of the column is the BMI of that height and weight. Pounds have been rounded off.

How to Use a Body Mass Table

Body Mass Table is a modern method of indicating your fitness level in accordance with your height and weight. To use the body mass table given opposite, follow the row in which your height (in inches) is given until you reach the column with your weight (in pounds).

☐ If your weight is in the white zone	Your weight is normal
If your weight is in the green zone	You are overweight. You should be careful about your diet intake
If your weight is in the yellow zone	You are obese. You should consult a doctor or nutritionist
If your weight is in the red zone	You are extremely obese. You should contact a doctor or nutritionist and strictly follow the given instructions

If your weight is less than what is given in the table, then you are underweight and should start a diet that is high in calories and protein.





Acknowledgements

It has taken a great deal of effort and hard work to produce a refreshingly different and unique book such as the Dalda Cookbook Gold Edition. We have included the latest tips and cooking techniques and chosen select recipes from the previous editions, altering them to match your needs and have made them a part of the Gold Edition.

Dalda's journey from Dalda Cookbook's inception to the present day Gold Edition would have been impossible without the contributions of the people mentioned below:

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Moliwala

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Khanna

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Taria

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The Dalda Advisory Service team looks forward to knowing your thoughts about the Dalda Cookbook Gold Edition. For your views and reviews, call our toll-free number 0800 - 32532 from 9 am to 5 pm Monday-Saturday, or mail us at Dalda P.O. Box 3660 Karachi, or email us at dalda.advisory@daldafoods.com.

Thank you

DALDA ADVISORY SERVICE TEAM

